FOUR PATTERNS. Autumn Tailor **SKIRT,** Bolero **COAT,** A **TEA-JACKET,** Girl's Autumn **PELISSE.**

October, 1905.

Myra's Journal

3D

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LONDON · E · C ·

Vol. XXXII. No. 10.
October, 1905.

Autumn Fashion Number.

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FASHION NOTES FOR THE MONTH

THE autumn and winter styles are suffering from a dearth of novelties. Skirts, coats, hats, all look as if taken from a store-room where they had been most excellently preserved. There is a semi-fitting coat with moderate gigot sleeve and reefer collar—a handsome, workmanlike, becoming, good-style garment—which is almost exactly like the coat so much in vogue some six or seven years ago, which ruled before the sleeve became so tight at the shoulder, so voluminous at elbow or wrist. It is accompanied by a well-cut skirt, cut on that of the same period, but infinitely more voluminous below the knee, owing to the more circular cut and generous spread of the breadths. If anyone possesses such a costume, laid by for mourning or other circumstances, she could wear the coat exactly as it is, but she would have to slit her skirt breadths and eke them out below the knee with inserted panels, pleats, &c., of a contrasting fabric, used to reface the coat's collar and cuffs.

In answer to the question, "What coats are to be worn this year?" I can only reply, "Anything you like; but the shoulder must not be too deep, and the sleeve must not be tight at the top." Not that the sleeve need be very large, the attempt to revive the huge gigot having ignominiously failed. Except in soft fabrics, which can never be too full, sleeves are only moderately pleated and gathered into the armhole.

The Russian coat with added basque has by no means entirely disappeared, especially for fur. The bolero is still with us—some of the prettiest sealskin coats being thus fashioned—but it generally has a waistcoat of some kind or other. The sacque coat is still in full life, as a long wrap, a three-quarter wrap, or an evening coat. Of course, *the* coat of the autumn is the long or three-quarter length redingote, cut all in one or with added skirts. The handsomest examples are tucked or pleated. In the best examples turned out by the Rue de la Paix the bodice part has tucks running down the back and fronts, and the added long skirts are deeply pleated. These redingotes, with well-cut flowing skirts to match, are made for the most part in very silky face cloth, generally in some beautiful shade like mauve, or in *white*. The taste for white in the winter has by no means abated; in fact, its hold on the wealthy has increased. Some of the most beautiful winter suits prepared in the high-class Viennese and Paris workshops for the Riviera season are pure white, trimmed with coloured velvet or rich sable furs. The taste for white cloth and sable is so marked that not a few tailor gowns are decked with worked medallions and facings of sable-hued velvet.

Whether the redingote will take on generally is a matter of doubt. The wholesale tailors will do very little with it, because it wants *chic* workmanship, it cuts into a great deal of material, and it costs too much to be put on the market in case of a demand. It is not for the cheap trade, and consequently those who buy and see solely the models turned out ready made at a moderate figure will barely see the redingote, and will therefore not crave to have one.

The new materials in the matter of cloths are fine and silky; in tweeds the handsomest run to stripes and plaided lines or stripes, which are somewhat indistinctly woven in white or a darker shade than the plaid. These are rather expensive, but are very handsome.

Purple will be worn this autumn and winter, and a handsome dark-green leaf shade. Brown is a shade much affected by Continental tailors for their smarter gowns.

The lighter silks, like taffetas, will be reserved for evening wear, but some of the firmer silks in black are being used for matrons' mantles, which are handsomely embroidered, and are often cut with deep graceful points back and front.

The newest capes have shawl points. One of these, in velvet, edged with chenille fringe, is an admirable wrap for a matron. Very beautiful shawl capes are also being made of satin or cloth for evening purposes.

Besides the new soft cloths, some very handsome tweeds are to be had, widely plaided or striped in the half-effaced stripes, some ½-inch wide, woven into the texture. The autumn, as a rule, shows us little novelty in fabrics. Plain cloths always come forward and hold their own above everything; they did even in the year of coarse, hairy friezes (the frieze cloth is very fashionable this year, especially in white). A spring which brings forth no new materials is not likely to be followed by anything surprisingly new in the autumn.

For evening wear taste will run to chiné, broché, and brocaded silks rather than to plain silks and satins, but these last are staple fabrics which are never neglected. Many and many a dance frock will be made of the charming double-width taffetas, which are so inexpensive, and which lend themselves to the little rosettes and bouilloné trimmings which will be prevalent. Lace, embroidery, elaborate buttons, will all figure on evening gowns.

A rather dark leaf-green shade is a favourite this autumn, and many of the smartest visiting costumes are in a rich medium brown. Purple tints are in favour, and there is a great deal of rich Royal blue to be seen, these last being reserved for the plainer "tailor-mades" of substantial cloth. Putty cloth for the present is less favoured, its place being taken by white.

White felt picture hats are veiled with exquisite white plumes. The white Marquise felt hat is also a favourite. In fact, the taste for the tricorne seems to show no diminution, and it is not likely to in the face of the revival of the redingote and Louis XIV. coat. But the tricornes are small, and they are very much pleated up as to the brim—not exactly pleated, but deeply indented here and there, where the Louis XV. knots and plumes nestle. They are very smart, and fit snugly but coquettishly on the head.

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For Descriptions see Pages 30 to 34.

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No. 5561

SMART TAILOR COSTUMES FOR THE AUTUMN.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Pleated Skirts, each 1s. 0½d.; *Skirts, Foundation Skirts, or Coats, each* 6½d., *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

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No. 5568 and 5569 No. 5570 No. 5571 and 5572

No. 5573 and 5574 No. 5575

NOVELTIES IN OUTFITTING FOR THE AUTUMN.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Dressing Gown, 1s. 0½d.; *the other Models, each* 6½d., *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

AS Miss Mallinson came up on deck it was noticeable that no one took the trouble to do more than glance at her, the chief reason being that amongst a number of unusually pretty girls who were one and all—with varied objects—journeying out to the East on board the P. and O. she was positively ugly, not to say commonplace—which is, perhaps, worse. There was no eager pulling forward of deck chairs by the young male element, no cessation of chatter among the feminine party; she was simply ignored. Of course she had not had really time to make friends, seeing that indisposition had kept her in her cabin till they were nearly in the Straits of Gibraltar; but that was past and over now, and she felt able to take an intelligent and very keen interest in her novel surroundings, for it was her first voyage to India.

As she stood by the rail and gazed at the distant misty shape which reared itself towards the clouds in the distance, and which she guessed must be the famous "Rock," she drew her first breath of enjoyment in with the sweet, fresh air. Beneath her feet the great power of the steamship was throbbing like a live creature, driving the little world through the mighty waters, leaving but a track of foam in their wake. There was merrymaking and many flirtations going on around her, but it is quite possible that Miss Mallinson noticed nothing of all that. Had anyone troubled to find out what *she* was journeying to the East for, they might have been openly surprised to hear that she was only going out for the very same reason that was taking at least three of the pretty girls on board. She was going out to be married.

But there the similarity ended, even though, like the rest, her wedding gown and bride cake were safely reposing in the hold.

She wondered sometimes during her voyage, as she looked at the other girls on board going out to be married, whether any one of them could possibly be in such an odd position as she was. She thought not—nay, was sure of it.

By the time they had left the Mediterranean far behind them Miss Mallinson had made friends with several people on board, who found her—perhaps to their surprise—interesting, in spite of her plainness of face. And it was one of the elderly ladies who had taken kindly to her, who ventured to question her as to her destination and purpose in visiting India.

Miss Mallinson coloured a little, then looked simply at her questioner.

"I am going to Bombay—to be married," she said.

There was nothing startling to the Anglo-Indian in the announcement, but, all the same, the news, as it filtered through the saloon, seemed to interest them all. So she was going out to be married!

"Journeys end in lovers' meetings," quoted someone with a smile; "there will be a number of those at the end of the voyage."

The amazement caused by Miss Mallinson's announcement was obviously doubled when the name of her fiancé slipped out.

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Velveteens. A choice selection of new Autumn colours in our Spécialité, fast pile woven backs, silk-like pile, 80 shades, 24in., 1/11½.

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Lovely styles in Silk Panne Plushes, Exotic designs, 18in., 1/4¾, were 3/-.

Autumn Silks, Outdoor Brocades. A choice selection of new designs in all Silk goods, 21in., 1/4¾, 1/7¾, 1/11½, 2/6½, 2/11½, and 3/11½; also a lot in pin spots and small dashes, 2/6½, were 4/6.

Japanese Silks, Ivory Shades, 21 to 36 inches wide, prices ranging from 6¾d. to 3/11½; new colours for Autumn and Evening wear, 27in., 1/4¾.

Blouse Satins, with Moon Spots in White, Green, Red, and Black grounds, 18in., 6¾d., were 1/-.

Twilled Foulard Silk, in Madder Red, Black, and Blue grounds with Pin and Moon Spots, very pretty and good, 24in., 9¾d., were 1/9.

British Striped Washing Silks, Pin Stripes and Checks, 21in., 1/0¾ and 1/4¾.

Cream Twilled Spun Silks with coloured stripes for Pyjama Suits and Ladies' and Gent's Underwear, 30in., 2/3.

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Taffeta Chiffon Silks, Shots and Plain Colours, 21in., 1/11½ and 2/11½, 40in., 3/11½.

Louisine Silks in a choice selection of 50 shades, for Outdoor and Evening wear, 21in., 2/3.

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All-Wool Plain Hopsacks and Cloths for new Autumn dresses, double width, prices 1/2½, 1/7¾, 1/11½, 2/11½, and 3/6½ per yard.

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had heard of Bretton, who, by a bit of sheer luck, had slipped so prominently into notice of late years; he was something of a celebrity, and a hero, to boot. From that moment Miss Mallinson was regarded with increased interest—and by the younger members of the saloon—with veneration also.

But no one knew that Miss Mallinson had never even seen John Bretton.

Day after day, as they drew nearer the end of the journey, she looked at his photograph, wondering whether her dream of happiness could possibly be realised. They had never met, for only an accident of fate had started a correspondence between them, and their engagement was the outcome of a friendship on paper. She knew him so well, this faithful lover of hers, through his letters, and she wondered whether he knew her equally well, and whether he would be horribly disillusioned when he saw her at last face to face, as she really was, for she had never been able to screw up her courage to send him her picture, and after her first refusal he had respected her wishes, and never asked for it again. She had told him as well as she could that she was plain beyond redemption, and he had answered that he loved the real, true woman, the faithful friend and comrade she had proved herself to be through the cold medium of letters for so long, and that outward appearances went for nought. But did they?

Long and wistfully she would look at herself in the tiny mirror fastened securely to the wall of her cabin, trying to see herself as he would see her in a few days' time. Nothing could make her face, with its sallow colouring, its irregular features, good-looking; but she hardly realised that in her eyes—those mirrors of the soul, as someone has described them—there was an indescribable something which would redeem any face from absolute ugliness. Yet—she sighed, remembering the fresh beauty of several of those other prospective brides, whose eyes were beginning to sparkle with the thought that in a very few days now they would be at their journey's end.

. . . . . .

The journey was over. Eager eyes scanned the quay looking for friends, handkerchiefs waved, greetings were shouted, and Miss Mallinson, with her heart most uncomfortably in her mouth, looked anxiously from one person in the crowd to the other. . . . Was it possible that he had not come to meet her? That something had delayed him, or even prevented his coming at all?

Then someone behind her spoke three words, and she turned sick and cold with excited apprehension.

"Hullo! There's Bretton!"

Bretton, who was nothing if not decided in his movements, had slipped through the crowded gangway and was actually on board, looking about him with eager eyes. He had perforce to exchange a greeting here and there with acquaintances, but his eyes and his thoughts were obviously not for them. Miss Mallinson, grasping almost unconsciously at the rail, watched him. Would he turn and see her, and pass her over, like the rest? He was looking now at the other women; then he spoke a few words to a steward; and the moment had come. He wheeled round and saw her.

For one minute their eyes met—something flamed in his, perhaps answering the agony in hers. The next moment he was at her side, her hands were taken in a warm, tender grasp, and from a long way off a voice whispered,

"Ursula! I know it is Ursula—at last!"

The next half-hour passed like a dream. Miss Mallinson hardly remembered afterwards what had happened, except that somehow she found herself driving through the crowded streets with John Bretton at her side. She heard him telling her what arrangements he had made for her comfort. How she was to stay with his great friends, the Swinfens, till she was quite recovered from the long journey, and how—they were to be married then, and go for a long, long honeymoon through Cashmir. It all sounded too unreal, too good to be true.

It was then that she awoke out of her stupor, and faced him with an anguished face.

"But—are you quite, quite sure," she stammered painfully, the hot colour racing to her face, "you never knew before, did you, how—how ugly I was? And I was too much of a coward to let you know the truth really."

There was tortured suspense in her very attitude, and then—John Bretton simply laughed. It was a sound that opened the gates of Eden to Ursula Mallinson.

"Why, my dearest," he said gently, "in you I've found the woman of my dreams. Ugly? Why, Ursula, in my eyes you are the most beautiful woman on God's earth—anyway, I've never met anyone who could hold a candle to you in this world, for I know you so well, sweetheart."

And that was the end of Ursula Mallinson's journey.

THE JOURNEY'S END.

CONVALESCENT HOME FOR CITY WORKWOMEN

(Woodford Wells).

Few people are more in need of a convalescent home than the girls and women who work in our great city at such trades as bookbinding, relief-stamping, blouse and mantle making, &c. Their wages are small, often not reaching more than 10s. weekly, their hours long, and the conditions of their labour not always satisfactory. When illness comes to these workers it is very difficult for them to provide adequately for themselves out of their scanty earnings.

It is only a small home with eight beds, and for that reason, perhaps, all the more a real home, where the inmates can be treated as members of a family. The home looks right on to Epping Forest, and thus the visitors can sit out of doors during their stay in the summer without any exertion. The terms are only 8s. and 10s. weekly, but even this small charge is beyond the means of some who are badly in need of a change, and therefore a certain number of visitors are taken at half terms, and in a few special cases free. The twenty-third annual report of the Home that has just been issued shows a very satisfactory record of good work done quietly and unostentatiously. Local friends have been very kind in sending invitations, giving drives, and in joining the subscription list.

"Your patterns are so excellent I do not care to use any other."—A.

No. 5576 No. 5577 No. 5578

No. 5579

DEMI TOILETTE BLOUSES AND EVENING WRAP.

For Descriptions see Page 30 to 34.

Price of Paper Patterns, Wrap, 1s. 0½d.; *Blouses, each* 6½d., *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

THE IMPOSSIBLE!! Trying to arrest Time.

NOW! is the Watchword of the Wise!!
NOW! is the constant swing of the Pendulum of Time!

You can change the course of the trickling stream, but not the rolling river. It will defy all your tiny efforts.

The common idea when not feeling well is, 'I will wait and see,—perhaps I shall feel better to-morrow'; whereas had a supply of ENO'S 'FRUIT SALT' been at hand, and use made of it at the onset, all calamitous results might have been avoided.

Every Household and Travelling Trunk ought to contain a Bottle of

ENO'S 'FRUIT SALT'

It is Health-giving, Refreshing, and Invigorating. You cannot overstate its great value in keeping the Blood Pure and free from Disease. It should be in every bed room and traveller's bag (for any emergency). It acts as simply, yet just as powerfully, on the animal system, as sunshine does on the vegetable world, and removes all fœtid or poisonous matter (the groundwork of disease) from the Blood by Natural Means. Always does good—never any harm.

The effect of Eno's 'Fruit Salt' on a Disordered, Sleepless or Feverish Condition is Simply Marvellous. It is, in fact, Nature's Own Remedy, and an Unsurpassed One.

CAUTION.—Examine the Capsule, and see that it is marked ENO'S 'FRUIT SALT.' Otherwise you have the sincerest form of flattery—IMITATION.

Prepared only by J. C. ENO, Ltd., 'FRUIT SALT' WORKS, LONDON, S.E., by J. C. ENO'S PATENT.

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Tails of Pure Hair.

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18 inches.	1¼ oz.	3 6
20 inches.	1½ oz.	5/-
22 inches.	2 oz.	7/6

Pale, Grey, and Light Shades extra.

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B.B. (Bradford's Best.)

So many thousands
of the
best dressed women

know of our goods that it is difficult for us to realise that there may be some who do not! If there are we want each to send us a postcard, naming this paper, asking for patterns. We will send free of all cost, paying postage both ways, patterns of our

Autumn Novelties.

FACE CLOTHS Plain and embroidered, in all the newest shades From 1/9 to 5/6, several qualities being "PIRLE" finished.

TWEEDS In new effects, Checks, Stripes, &c. Great variety and splendid value from 1/3.

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Manufacturers.

No. 5580 No. 5581 No. 5582

FASHIONABLE WRAPS FOR THE AUTUMN.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, each 1*s.* 0½*d., post free of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 5583 No. 5584 No. 5585

No. 5586 No. 5587

ARTISTIC MILLINERY FOR THE AUTUMN.

For Descriptions see Pages 30 to 34.

Employments.

TEA-ROOMS.

YOU will be told and will hear on all sides that tea-rooms are overdone, that they are "played out," and that "no sensible woman ever dreams of such a thing." And yet, though it is true that they multiplied exceedingly, and that many women took them up as a vocation which—they fondly believed—did not require any previous training or experience; a vocation which was not too arduous, by which they did not lose caste, and which held golden possibilities of remuneration.

One thing is certain—be it what it may—the dilettante will never make money at anything. To accomplish that most difficult of all objects, the qualities the dilettante does not possess are essential—energy, perseverance, and a fixed determination to succeed at all costs. But I know one place, a rising resort for golfers, where an erstwhile governess has established a nice little business as a confectioner, who supplies light luncheons and teas. At present she has no rival, and she was wise enough to seize the opportunity when it offered.

There are so many reasons why a business of this kind may fail. There may be too much competition; it may be on the wrong side of the street—a matter of much importance; the food may not be good enough, nor the right sort; the service may be bad. There are a thousand and one reasons why what should be a success turns into a failure. Listen, then, to the words of wisdom of one who brings all the value of personal experience to bear on her statement, which I borrow—for your benefit—from "Women's Employment":

"In choosing a suitable place for a tea-room it is wise to bear in mind two things—position, and the number of residents and visitors who may be customers. Even if an extra outlay of capital is required, I am convinced that it is well spent in a good position. The old adage, 'Out of sight, out of mind' is especially applicable to a tea-shop. Then it is the number that pays, and it is best to choose a place favoured by tourists as well as residents; and if by the sea, if boats call, so much the better.

No. 5588. A Pleated Tailor Costume.

For Description see Pages 30 to 31.

Price of Paper Patterns, Skirt or Coat, each 1*s.* 0½*d*; *Foundation Skirt,* 6½*d., post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

"To open a tea-shop without previous experience and training will, in all probability, spell failure . . . flower-glasses require to be washed, . . . coffee must be ground, chairs and tables must be polished, and the girl who has made cakes at home has yet to learn that cake-making as a business is a very different matter.

"Then, how many girls who think they can run a tea-shop can keep the simplest accounts correctly?

"Early hours are essential. We begin work at seven a.m. in order to get most of the cooking done before the kitchen is required for the preparation of the trays. I would advise the making of all cakes and bread on the premises, as people are delighted to get really good cakes and home-made bread and rolls, and will come over and over again for them alone, and will also tell their friends.

"I think it is best to begin on a small scale at first, to furnish simply but artistically, to buy only the barest necessaries, and to add more as profits increase, to supply food of the best quality, and to have all china, glass, plate and cutlery, &c., kept perfectly clean.

"A servant is better for the rough work than a charwoman, as she is always at hand and is more under control, and a non-resident servant is easy to obtain. Experience in catering is essential, and it is necessary to watch carefully that there be no waste, as that would soon absorb a large amount of the profits.

"One of the difficulties is that a large party may come in unexpectedly, and in cases of emergency it is a good plan to have a store of tinned meats to fall back upon, as, naturally, for such a large party, the staff is wanted for the preparation of tea. . . . Everything should be in readiness, as far as possible, beforehand—butter-pats made, coffee ground, tea weighed, sandwiches and bread and butter cut, cream-jugs filled, &c.

"Provided a tea-room is well managed, is in a good position, and where there are plenty of possible customers, it is one of the best investments of the day. (But I hope my readers have read, marked, and learnt all the conditions and provisions essential to success.)

"The work varies according to the time of year, at one time being easy, but during the season constant and rather trying on account of the heat. . . . It is difficult to state the amount of capital necessary, as one person will make £100 do what another, who has not learned the value of money, will require £200 for. Much, also, depends on rent, rates, &c.; but a small tea-room would require from £150 to £200 for furnishing and working expenses."

I think the most casual and careless reader will be impressed by the following facts when reading the above:—First, that ex-

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all who use a pen to inspect the *New Home* and *Latest Examples* of the famous
'SWAN' Fountain Pen
79 & 80, High Holborn, W.C.
Branches: 93, Cheapside, E.C.; 95A, Regent Street, W., LONDON; 3, Exchange St., MANCHESTER.
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All hands suited. Prices from
10s. 6d.

November 20, 1901.—"I have been a subscriber to your journal for many years and always find it most useful to me in my business."—E. Stenning

perience is essential; second, that keeping a tea-room is hard work, not play; third, that for success the qualities of a business woman are necessary—i.e., punctuality, promptitude, energy, and a practical work-

No. 5589. An Autumn Tailor Gown.

For Description see pages 30 to 34.

Price of Paper Patterns, Skirt, Foundation Skirt or Coat, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

ing knowledge of the *trade*, viz., catering, bookkeeping, cooking, and management. If a girl—or a woman—thinks she has all these, then let her seek a post—as assistant to the manageress, if possible—in a busy tea-room, where she will gain that pound of experience which is worth a ton of theory, and without which it is madness to attempt to run any venture.

It has been done, and it can be done again, provided that it is done in the right place and by the right people, and started at the right time.

Weigh all the pros and cons well before coming to a definite decision, and only decide when your experience entitles you so to do.

FREE REGISTER.

No. 372.—Blouses made from 2s. 3d. Underclothing: nightdresses from 1s. 6d.; chemises 9d.; drawers 9d. Children's things in proportion. Boys' suits, 3s. 6d. Will turn, cut down or renovate. Recommended.

No. 374.—Small dressmaking business for sale. Good increasing connection. Furniture, plant, &c., for disposal. No debts. Rent 8s. weekly. Moderate price. (Maida Vale.)

No. 375.—Dressmaker at ladies' houses. Thoroughly experienced. (Paddington.)

No. 376.—Lady, not young, with ample furniture, wishes to share flat or house with another for sake of companionship. Musical. Cheerful.

No. 377.—Dressmaker at ladies' houses. (Hackney.)

No. 378.—First-class dressmaker. Best experience. Would enter small business, or at ladies' houses, town or country. No capital, but would become working partner. Seaside preferred. Remodelling if desired. (Chelsea.)

No. 379.—Experienced blouse maker makes blouses for 2s. 6d. Frieze or serge motor caps, 6s. inclusive. References. Ladies' materials if desired.

ANSWERS TO CORRESPONDENTS.

NOTE.—All letters should be sent to Miss Winifred Jones. Correspondents are especially requested to observe this, as otherwise delay inevitably occurs.

Notices for re-insertion must be written out on a separate sheet, and on one side of the paper only. The number must be written at the top left-hand corner, and each notice must be accompanied by the Current Coupon (see page 42).

Small Dessmaking Business for Sale (G. M.).—I sent you the name of a correspondent which might be of use to you, but I do not often hear of anyone anxious to buy a business. I fear it is practically impossible to do anything in the limited period of time you mention, but I have put you on my Register, and this may meet the eye of someone on the search for such an opening. I think one-fourth of the year's turnover a fair price to ask, and half the original cost of your plant, furniture, &c. You might advertise it, as I suggested in my letter to you. Let me know what you do and how you get on.

Dressmakers Wanted (Mdlle. J.).—I am glad to hear you have found such satisfactory workers, and I am also pleased to hear you have obtained so many customers through "Myra" and "Hearth and Home."

Dressmaker at Ladies' Houses (Miss G.).—I am inserting a notice for you, and if I hear from anyone in your neighbourhood who wants a worker I will certainly remember you.

Letter to be Forwarded (Mrs. S., Anerley).—Your letters was unstamped, consequently I could not forward them. Please read the rules.

Blouses, Motor Caps Made, &c. (Mrs. R.)—I am putting you on my register, and will recommend you should opportunity occur. No, never send the *original* testimonials—only copies. The former should always remain in the owner's possession.

Blouses, &c. (A. P.).—I am glad to hear you have done so well. Your letter bears no number, so till I hear from you again I cannot forward it on. Please read the notice about re-insertions for the Register.

Dressmaker Wanting Work (M. S. G.).—Certainly; with your experience and capabilities you should do well. I will recommend you when I can, and I agree with you that anyone requiring someone practical in their business should find you of use. I note what you say about working at, and am putting you on my Register. I am pleased to hear that you find the Myra patterns so reliable.

Home Dressmaker (M. B.).—I have put you on my Register, and will recommend you when I can.

Rooms or Flat to Share (S. E. L.).—You have my sincere sympathy in your great loss. I think your idea quite a feasible one. Would it be possible to meet with someone who can cook, and take a small house in a place where you could let rooms? It would be an interest and an occupation for you and it would mean turning your furniture to good account. At any rate, I have put a notice in for you, and I trust something may result from it. Loneliness is indeed a blight in existence; I quite sympathise with your feeling. Have you not written to me before—about five years ago?

THE LADY DOMESTIC.

The amateur in all work is, as a rule, a failure; hard training directed by a capable hand strengthens original capacity, disciplines the character, saves from a thousand mistakes. How, indeed, can it be otherwise? And this applies to domestic work as well as to other work. At home the girl does a little in the house in a casual, dilettante fashion; the smooth working of the household machine does not depend on her, and so she has little incentive to be punctual, accurate, efficient. Yet if adversity comes she thinks she is capable of taking a post as "lady-servant," while she has in reality no notion of the duties attaching to it. She objects to cleaning the flues, leaves dust in the corners, cannot even attend to the bedrooms properly, and having no method in her work she finds it quite unmanageable. After a few weeks her employer, who has honestly meant to give the "lady servant" every possible chance, is obliged to part with her, and she ruefully tells all her friends that the "lady servant is hopeless." But the "lady servant" need not be a useless article: she is badly needed, an immense field of work awaits her, and the work is not unsuitable; it is, indeed, probably the most natural and healthy work for the average woman to perform.

No. 5590. A Strapped Tailor Gown.

For Description see Pages 30 to 34.

Price of Paper Patterns, Skirt, Foundation Skirt, or Coat, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

"I thought I must write to tell you how very pleased I am with the skirt pattern you sent me."—E. H.

Descriptions of the Free Patterns.

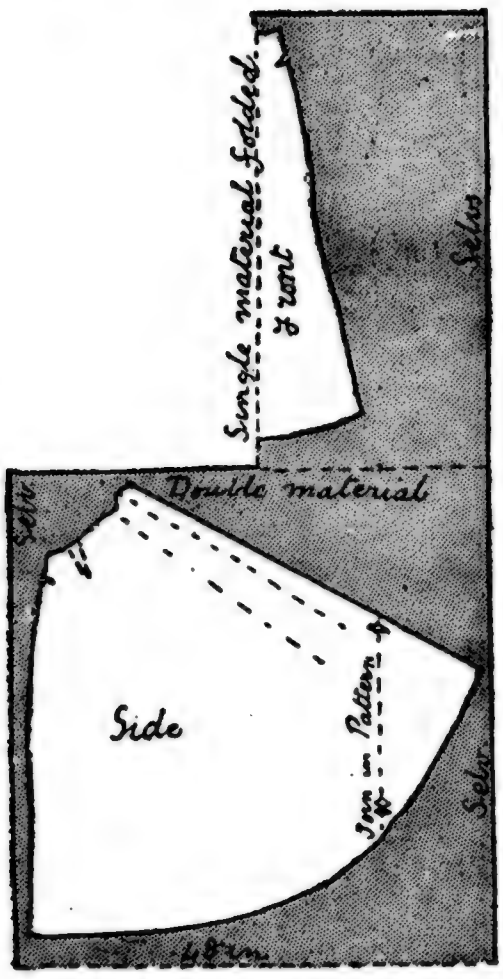


Diagram of Free Skirt Pattern.

AN AUTUMN TAILOR SKIRT.

THIS is a smart and useful skirt design, suitable for the new autumn tweeds (send to Lutas Leathley, 105, Armley, Leeds, for their season's patterns of the new tweeds), trimmed very effectively with wide military braid. The pattern is in two pieces—half the tablier, one circular side.

The diagram shows the pattern pieces laid on 4⅛ yards of 48-inch tweed. The pattern cuts with some waste, but what is left is sufficient to cut the free coat pattern with the addition of two-thirds of a yard for the sleeves, which makes an economical suit. As many people may want the skirt only, I have arranged the two patterns separately in two diagrams.

The material is opened out, and is doubled beneath the big circular side (cut in one with back), so that it is cut in duplicate. The inverted box-pleat at the back is wheelmarked on the pattern. The fit of this circular piece is helped by a small dart (wheelmarked on pattern). Above, the single material is folded over (selvedges meeting), the front centre of tablier laid along the fold, so that the front is cut in a single piece. As the sheets of paper are not wide enough for the whole pattern of the circular side, a piece has to be added, pinned, according to the double and single notches, on the material by the side of the main piece of side pattern *(see diagram)*.

Tack together front and sides, leaving the opening in the left tablier seam. Tack the darts, arrange the back pleat, and try on. Stitch and press the seams and darts. Decorate the skirt edge with braid. Cut a lining on the skirt pattern, seam and press it, tack it in the skirt. Re-arrange the back pleat. Fell the lining over the stitched turnings of the opening, and close with stud skirt tapes. Bind the top edge, and close with hooks and eyes. The pocket must be inserted in the front opening.

Turn up the hem, and either stitch down or fell it to the lining.

TWO OF OUR FREE PATTERNS:
A SMART TAILOR SKIRT AND BOLERO COAT.
For Description see this Page.

SMART BOLERO COAT.

This is a fashionable autumn model, and should match the skirt. The pattern is in five pieces—one front (decorated with a stitched-down tuck or lap), half the back, one sleeve puff, one cuff, half the collar. The tuck is wheelmarked on the front pattern.

The diagram shows the pattern pieces laid on 1 yard 24 inches of 48-inch tweed, which is folded in half (selvedges meeting), the back centre of back and collar patterns laid along the fold, so that each is cut in one piece, the other pieces being cut in duplicate. The half width not being quite wide enough for the sleeve, a small corner is seamed on at *a b*. Cutting from the half width saves material considerably, and this seam does not show.

Stitch down the tuck of the front. Tack together back and fronts, and try on. Stitch and press the seams. Turn the front and lower edges over an inch band of tailor canvas, and stitch down. Sew hooks and eyes down the fronts, and trim with braid. Cut a silk lining on the coat pattern. Stitch and press it. Tack it in place, and fell the edge over the stitched edges and over the tails of the hooks and eyes. Stiffen and face the collar with velvet, silk, or tweed. Seam it in place, and fell the facing over the seam. Seam the sleeve. Cut a lining on the same pattern, seam it, tack it in place, and gather the edge of the sleeve into the seamed and stiffened cuff, which is trimmed with braid. Gather it in place on the wearer, and stitch it in, felling the coat lining over the seam.

ORIGINAL AUTUMN COAT FOR A LITTLE GIRL.

The pattern (cut for a girl of six to eight years) is in seven pieces—one double-breasted front, half the back, half the skirt, half the collar, the longest of the three capes (the other two are cut on the same pattern, a little less deep, as shown by wheelmarks on the diagram), one sleeve, one cuff. The diagram shows the pattern

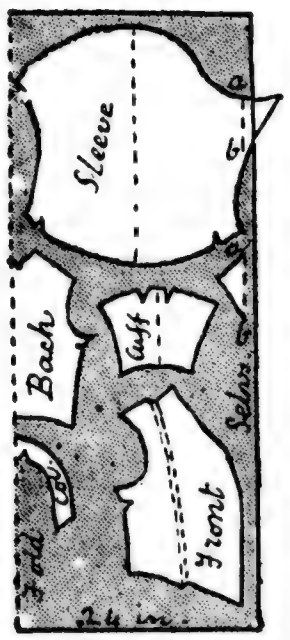


Diagram of Free Coat Pattern.

pieces laid on 2½ yards of 48-inch putty cloth, which is folded in half (selvedges meeting), the back centre of skirt, capes, back, and collar laid on the fold, so that each is cut in one piece, the other pieces being cut in duplicate. Spaces are marked

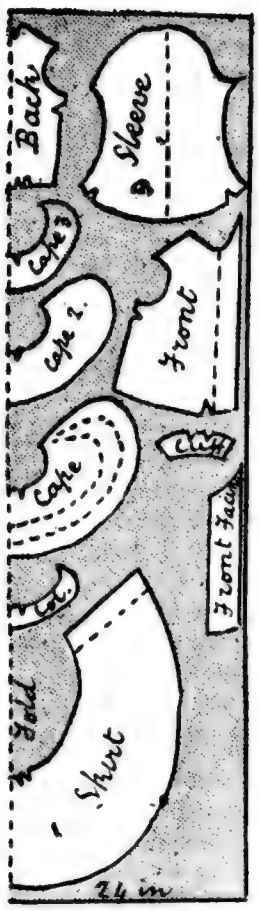


DIAGRAM OF GIRL'S FREE COAT PATTERN.

out for capes 2 and 3 (cut on cape pattern), and the front facing (cut on front pattern).

Tack together back, fronts, and skirt according to the notches. Tack and fit; stitch and press the seams. Interline the double breasted fronts, and face with the cloth to the centre. Coat closes with buttons and buttonholes. Cut a lining in white silk on the coat pattern. Seam the shoulders and single notch seams. Tack the lining in place, and fell over the edges at waist, stitched coat edges and front facings. The collar is faced with putty velvet. The lined sleeve is gathered into the velvet-faced cuff. The capes have a stitched hem, and can be lined with silk or left unlined. They join the neck and collar according to the notch. The collar facing should be felled over the neck seam. The sleeve is gathered into the arm-hole, and the coat-lining is felled over the stitched seam.

GIRL'S ORIGINAL AUTUMN COAT.

For Description see this Page.

THE PAPER PATTERN OF THIS COAT IS GIVEN FREE WITH THIS NUMBER.

A PRETTY COFFEE JACKET.

(For illustration, see page 20.)

This most useful and becoming model can be made most economically out of silk muslin or 27-29-inch point d'esprit net (send to Messrs. Peach, Nottingham, for patterns of their nets). The pattern is in two pieces—half the one-piece yoke, one sleeve. The coat is completed by wide flouncings of lace, but, unless one already owns such lace, it will be cheaper to buy net for the purpose, and edge it with much narrower lace. The coat flounce (all in one piece) should be about 13 inches deep in its wider part. Four widths would be enough for the coat frill.

The diagram shows both pattern pieces laid on 2¼ yards of 27-inch net, which is opened out and is double beneath the sleeve, so that it is cut in duplicate. The single material is folded over (selvedges meeting). The back centre of yoke is laid on the fold so that it is cut in a single piece. If the design of the net is sprigged, the material must not be folded beneath the sleeve pattern, as that would reverse the design; cut the material and lay the two widths face to face, the design coinciding in both; 5½ yards of 27-inch net should

Creamy Plasmon Oats.
Plasmon Biscuits.
Delicious Plasmon Cocoa.
Plasmon Tea.

AIDS DIGESTION.

PLASMON

BRACES THE NERVES.

Beef Plasmon.
Sustaining Plasmon Chocolate.
Plasmon Arrowroot.
Plasmon Luncheon Packets.

Flannelette.

If purchasers of this useful material for underwear all the year round would buy the best English make, which can be obtained from all leading Drapers, they would avoid the risks they undoubtedly run with the inferior qualities of Flannelette.

Horrockses' Flannelettes

(made by the manufacturers of the celebrated Longcloths, Twills and Sheetings)

are the best and safest.

"HORROCKSES" stamped on selvedge every 5 yards.

make the coat, eked out with the lace edging.

Edge the frill with lace and gather it to the coat edge beneath a band of ribbon-threaded guipure insertion. The same insertion hems the neck of the yoke. Seam the sleeve. Arrange the edge into a band of insertion, which holds the net or lace sleeve frill. Close with one or two hooks and eyes. Soft ribbon some two to three inches wide should be used.

Each sleeve frill takes 1½ widths of net, some 6 inches wide. Net, like Jap silk, needs to be very full to look well.

THOREAU AND THE SIMPLE LIFE.

THE belief that we are (or could be, circumstances permitting) somewhat different from our kind, is, I suppose, one to which the average man and woman most firmly holds. Time after time experience may teach us a different lesson, but in spite of these lessons, and often in defiance of our own common-sense, there lurks within most of us a conviction that we are not quite as our fellows, and that our aim and plan of life is on a slightly higher plane than theirs.

And nowhere, I think, has this belief been more clearly brought out than in the recent discussions and publications on this so-called Simple Life; discussions, I feel sure, which have owed more than half their charm to the scope they have allowed for the serious arguing about what we know.

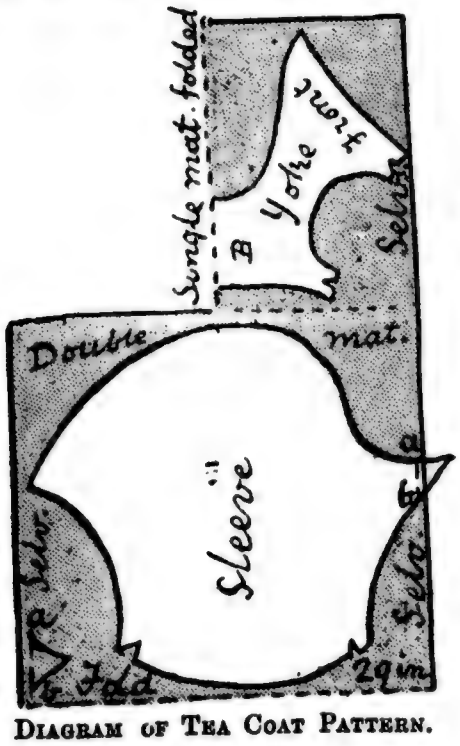


Diagram of Tea Coat Pattern.

for most of us, to be quite impracticable. And whenever and wherever this subject is talked of, the name of Thoreau is nearly always brought forward, and his experiment at Walden quoted to show how easy it is to live independent and almost as free as a nest-building bird. Incidentally, it is curious to note that though this experiment as a hermit only lasted a little over two years, and that the greater part of Thoreau's work was done after he left Walden, it is chiefly by his retreat there that he is known to the general public. Yet, when we turn to Henry David Thoreau's life, more than ever do we find there a confirmation of this

A CHARMING TEA COAT.

For Description see Page 19.

The Paper Pattern of this Tea Coat is given away with this Number.

commonplace fact that only the exceptionally constituted are fitted or able to lead lives different from their fellows, and that therefore the gospel preached by Thoreau and his system of ethical philosophy, in spite of its beauty and loftiness of thought, can never appeal to more than a limited number, since his aims, thoughts, and even his conception of life are entirely apart from those held by the mass of mankind.

This unlikeness is all the more remarkable when we consider his birth and nationality, for this was no effete specimen of a worn-out civilisation, but a Yankee from the heart of New England, one whose whole life and doctrine was one vigorous protest against the manners and customs of his countrymen. And to prove to himself first, and later to others, how easy a thing life, and the maintaining of it, might be made, he in 1845, then aged twenty-eight, walked out into the woods surrounding his native village, and built himself the log hut by Walden Pond. He explained his reasons for going there thus: "My purpose in going to Walden Pond was not to live cheaply, not to live dearly, but to transact some private business there with the fewest obstacles. And, again, I went to the woods because I wished to live deliberately, to find only the essential facts of life."

The private business he alludes to was himself, since self-culture and self-improvement were two of the ruling principles of his life. The log hut having been built with his own hands, and furnished with the barest necessaries ("Thank God, I can sit and stand without the aid of a furniture warehouse," was his remark on this subject), we find this young American settling down to find out what were the essentials of life, physical and spiritual, living meanwhile the life of a farmer, hermit, naturalist, surveyor, carpenter, all in one. In so far as physical necessities were concerned, young Thoreau found he could support himself by six weeks' work in the year, and since he could do an infinite number of things better than most men, he had no difficulty in this respect; indeed, he writes, "I am convinced that to maintain oneself on this earth is no hardship, but a pastime," a conclusion, alas, which will not be echoed by many in this present-day life. Having thus satisfactorily disposed of his physical needs, Thoreau was free for the rest of the year to philosophise and meditate, either sitting in his porch or wandering about the woods, gaining every month a more intimate knowledge of nature and an almost superhuman knowledge of the animal life round him. He regarded the animal creation in the light of undeveloped humanity, and had for them an intense sympathy and affection, which possibly may be the explanation of his wonderful power over them. Wild animals would come to him for protection, birds flutter confidingly on his shoulder; and there is a story told of how he was able to put his hand into a pond and gently draw it out with a fish lying contented and panting on his palm.

The results of these observations and meditations were daily written down in great detail in a voluminous journal, and it was this diary that furnished the materials for nearly all Thoreau's books and lectures.

After two happy years of this close communion with nature, Thoreau went back to ordinary life, there to preach to a somewhat indifferent world the gospel he had evolved in the solitude of the woods.

Much scorn and criticism have been poured on this philosophy, both by Thoreau's contemporaries and later critics; even Emerson, whose intimate friend and pupil he was, did not deal altogether kindly with him. In the case of his contemporaries, perhaps the aloofness which marked Thoreau's attitude towards even his familiar friends may have added a touch of bitterness to their judgment, while, in regard to other critics, the lack of comprehension shown towards what Thoreau really tried to inculcate is somewhat remarkable.

Briefly, Thoreau's message to his countrymen was to lead saner, healthier lives; to cultivate what was best within them; to blot out the incessant trivialities with which men allowed their lives to be smothered—"to let nothing stand between you and the light." In a nation where ideals were in danger of being lost sight of, and Mammon defied, he lifted up his voice in protest.

Miss S. B. writes:—"I have found the competitions very interesting, and am more than delighted with my prize."

Elegant Dinner Coat.—A Smart Renovation.

LITTLE as there is to chronicle as to real novelties or anything specially striking in the autumn styles, still there is one fact which deserves notice, and that is the redingote. Just as in tailor garments the full-length, or nearly full-length, redingote is the feature of the new season's models, so the redingote, more or less long, plays a great part in indoor and evening fashions. The smartest coffee coats are much more of the redingote than the old sacque type; many so-called princess tea-gowns are merely full-length redingotes worn over a sleeveless evening dress; the dinner-coat is a three-quarter redingote, more or less fanciful as to the upper part, but varying little in cut and fit from the cloth "creations" of the fashionable tailors.

The dinner-coat is an extremely useful garment, and should find a place in the wardrobe of every lady whose social position demands a series of more or less elaborate dinner-gowns, gowns which a moderate income is sorely tested to provide. According to the degree of smartness and importance of the dinner, the neck of a gown is only open at the throat or is cut really low, like a ball-gown. Hence it is advisable, in fashioning a dinner-coat, to have it of really handsome material, and to have the upper part so fashioned that it can serve for a semi-high or really low evening gown.

The shape of the coat in the sketch (No. 5,591) is very good, for it is quite low, and can be more or less filled in with billowy folds of chiffon or lace. This coat has a line shoulder-strap of lining only, because it is apparently sleeveless—the sleeve in this case seeming to belong to the decorated under-slip. The shape of the neck at the back is much the same as in front, but rises higher. It is less dressy, but is more useful, perhaps, to have a brocade shoulder-strap cut with the coat, and an elbow draped sleeve of the coat material.

A handsome brocade is used for this coat, with white ground (at 6s. 11d. beautiful brocades can be had at the Holborn Silk Market, Holborn Bars, E.C., and there are highly effective ones as low as 4s. 11d.). This coat consists of two backs, double sides (shaped with darts), two fronts, the basques cut circular enough to flute handsomely. The coat is silk lined (white), and is neatly fitted. It must be boned with care to the hip line. The material, of course, is not wide enough for the double side, but as it should be in one piece (to avoid clipping the handsome design of the brocade), the material is seamed up the selvedges, the design meeting exactly at the seam. The coat fastens on the left by the aid of a little white silk vest, which is covered with one end of the net drapery which veils the lining above the embroidered coat edge. The edge all round should be stiffened with an interlining of lino to support the embroidery or lace. Various trimmings can be used. Pale-hued velvet matching the design or ground of the brocade would look well in shaped bands, plain or worked up with appliquéd medallions of lace. The coat as illustrated would take seven yards of brocade and a similar amount of lining silk. The basques at the back form a "shawl" point like the front, only rather shorter.

By the way, these "shawl" points are much to the fore this autumn. Our handsomest capes and wraps have them, and not a few coats or princess tunics have long graceful points, which are not infrequently tipped with rich tassels.

The dinner-coat is invaluable for renovation purposes. Many a girl and young matron looks ruefully at the soiled marks on a white satin ball-gown, which will not bear the light contact of a partner's black coat-sleeve. There is that in even new black cloth which invariably leaves a light smudge on a delicate fabric which rubs against it ever so slightly. After a second dance the white satin gown has to be veiled with spotted net and silk muslin, which rumples and frays terribly in the dance, about the bodice part especially and the edge of the skirt. Net, fortunately—if we send to Messrs. Peach, Lister Gate, Nottingham—can be most inexpensive, and its renewal is no terrible matter. It is wise to have a flounced skirt in net, because the lowest flounce and the bodice draperies can be renewed if the rest of the transparent overdress remains fresh.

The skirt of the dinner-gown No. 5,591 is of white bengaline, which had seen service as a handsome dance-frock. When soiled it was veiled with spotted cream net cut very full at the lower edge, but only slightly gathered round the waist. The white brocade dinner-coat replaced the bodice, finished with draperies at the neck and on the bare arms by the spotted net.

Sometimes the dinner-coat is not quite tight, and is not boned; then the fronts are left loose, lined with silk.

No 5591. A Beautiful Dinner Coat;
(Suitable for a successful renovation.)

For Description see this Page.

Price of Paper Patterns, Coat, Bodice, Skirt, or Foundation Skirt, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Reigate.—"I beg to state that your patterns and book are a great help to me and to my trade generally."—E M Poole.

No. 5592 No. 5593 No. 5594 No. 559

ELEGANT AND SIMPLE DESIGNS FOR AUTUMN

For Descriptions see Pages 80 to

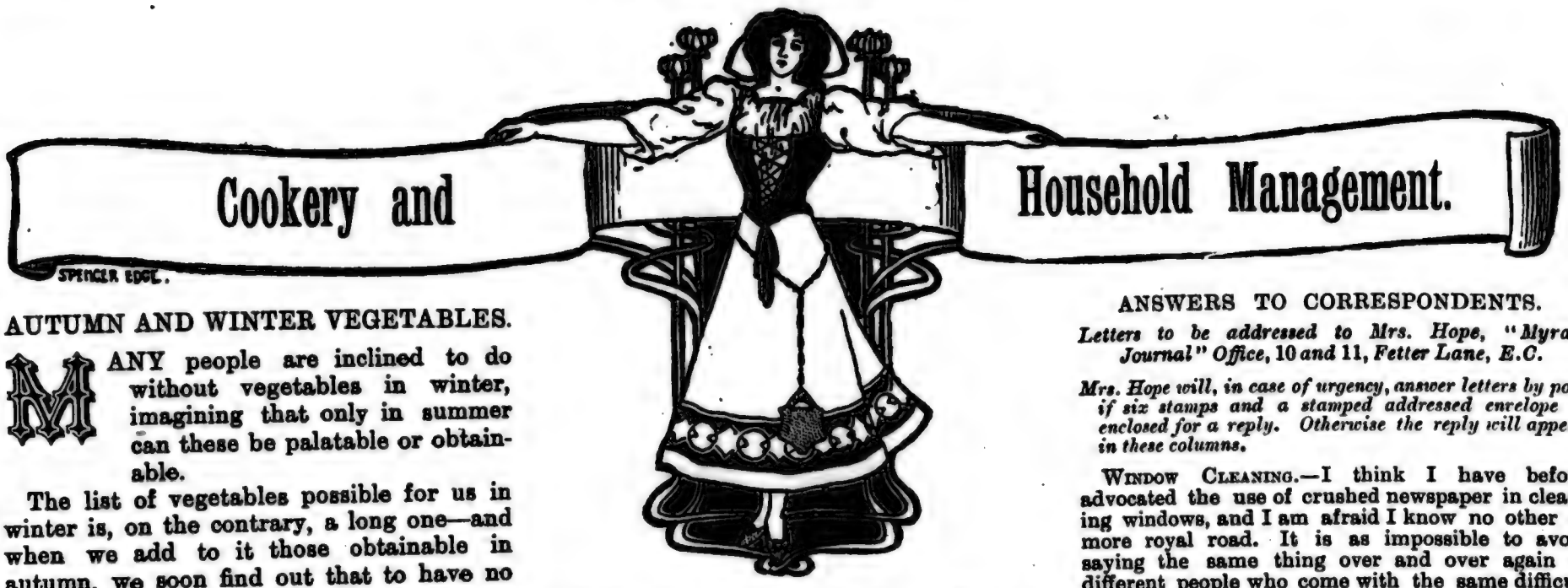
Price of Paper Patterns, Pleated Skirts, Wraps, and Princess Gown, each 1s. 0½*d.; Skirts, Foundation Skirts,*

No. 5595 No. 5596 No. 5597 No. 5598 No. 5599

MPLE DESIGNS FOR AUTUMN EVENING GOWNS AND WRAPS.

For Descriptions see Pages 30 to 34.

ess Gown, each 1s. 0½*d.; Skirts, Foundation Skirts, or Bodices, each* 6½*d., post free, of* MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*



AUTUMN AND WINTER VEGETABLES.

MANY people are inclined to do without vegetables in winter, imagining that only in summer can these be palatable or obtainable.

The list of vegetables possible for us in winter is, on the contrary, a long one—and when we add to it those obtainable in autumn, we soon find out that to have no vegetables at these seasons shows but ignorance and want of enterprise.

The familiar and cheap carrots and turnips, different varieties of the onion tribe, Spanish onions, eschalots, and pickling onions; several cabbages, red, white, savoys, and pickling; turnip-tops, parsnips, artichokes, celery, celeriac, brocoli and cauliflowers, seakale—these are by no means all that we can obtain, and they are only unpalatable if badly cooked.

Some general directions as to the cooking of autumn and winter vegetables may therefore be useful at this season of the year.

It is almost a universal principle that vegetables are put into boiling salted water, also that there is a sufficient quantity of water. The boiling temperature preserves colour, the salt increases and improves flavour, the ample quantity of water prevents the unpleasant odour which with a smaller quantity would increase. The proportion of salt should be about 2 tablespoonfuls to a gallon of water, i.e., 4 quarts, and a smaller quantity in proportion to a reduced amount of water.

Old potatoes and old artichokes should be put on in cold water, for the excellent reason that, being hard, the outside would boil away if they were put on in boiling water long before the centres would be well cooked.

New potatoes and very young artichokes need boiling water in which to begin cooking, and these should boil also in a covered pan.

Green vegetables, cauliflowers, brocoli, brussels sprouts, and the like, should boil in an open saucepan, both to preserve their colour and also to prevent a concentration of bad odours, which, the moment the lid is raised, would permeate a whole house; and it may here be named that all water in which "greens" have boiled should be poured away out of doors—never in the kitchen or scullery.

PREPARING VEGETABLES.

The greatest cleanliness should be observed. Roots must be washed, and in some cases scraped. Cabbages, cauliflowers, and any vegetables in which caterpillars may lurk should be set, head downwards, in salted cold water for some time—an hour or more—and occasionally shaken, so that none of these most unpleasant intruders are left to shock the nerves of those who wish to enjoy the vegetables when cooked.

Artichokes, when peeled, should be put at once into salted milk and water to preserve both colour and flavour. Carrots, when young, merely require washing and brushing, but when old they must also be scraped with a knife. Turnips, which are seldom, except when very young, served whole, require peeling, in order that the inside part may be thoroughly cooked preparatory to the washing, which is usually the preliminary step in dressing them.

Onions are so familiar to everyone that it seems almost superfluous to say anything about preparing or cooking them, yet many people forget that a little soda added to the water in which they are soaked before cooking, and the same pinch of soda added to the salted water in which they are cooked, will take away much of the pungency of flavour and odour which is so much objected to by people who would otherwise eat them with toleration, if not with enjoyment.

To cook them, let them be put on in cold salted water; bring them gently to the boil, then simmer quietly until they are tender.

TO BAKE ONIONS.

Wash and trim, but do not peel them; simmer them for an hour, drain them, and wrap each onion in a separate piece of paper, and put them in a moderate oven, baking them until quite tender.

Parsnips may be prepared and cooked just as carrots are done. They are excellent boiled as an accompaniment to boiled meat; while fried in slices they are equally nice with roast mutton.

Jerusalem artichokes, peeled, soaked in milk and water, boiled for 15 to 20 minutes, are delicious, and should have good white sauce poured round them.

Celery may also be stewed in salt and water till nearly tender (the tops, outer leaves, and root have been cut away when the celery was washed), and may be served either with white or brown sauce poured over them.

I shall be glad to give in correspondence special recipes for cooking autumn and winter vegetables. Those I have named are by no means all the available vegetables, and the methods indicated of cooking them are but specimens of what may be done in very many different ways.

Letitia Hope.

ANSWERS TO CORRESPONDENTS.

Letters to be addressed to Mrs. Hope, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Mrs. Hope will, in case of urgency, answer letters by post if six stamps and a stamped addressed envelope is enclosed for a reply. Otherwise the reply will appear in these columns.

Window Cleaning.—I think I have before advocated the use of crushed newspaper in cleaning windows, and I am afraid I know no other or more royal road. It is as impossible to avoid saying the same thing over and over again to different people who come with the same difficulties as it would be to invent an ox with two heads, or a lamb with more than one tail. I have, really and truly, experimented myself with crumpled newspaper on window glass, and I can only assure you that on a glass door—one side looking to a garden, and much exposed to dust and rain, and the other side in a badly-ventilated passage—I cleaned the glass panes to a brilliant polish in an incredibly short ten minutes by no other method than rubbing vigorously. The object lesson, for an incredulous housemaid, was necessary, and certainly was successful. I bid you go and do likewise, and then you will no more sign indignant letters to me.—Indignant.

To Clean Chintz.—I understand that you despair of making chintz clean without losing all its brilliancy of surface. Well, on the authority of an excellent worker in a large public laundry, I give you directions which, if carried out correctly, will do just what you at present despair of being able to accomplish. Fold the chintzes very neatly and quite straight and free from creases. Place them in a bath with bran water made thus: Take 1lb to 2lb of bran, place it in a double-muslin bag, in two gallons of water, and boil it until all "sense" is out of the bran. Then withdraw the bran-bag, and let the liquid cool a little. Immerse the chintzes, let them lie all night, take them out, mangle them, and dry them in their folds. You will find them clean, stiff, glossy, and in every way satisfactory. Blouses may be done this same way, and they require very little ironing afterwards. The points to remember are straight folding, no rinsing or wringing, no rubbing—mere immersion overnight and mangling next day, and drying off.—Escallonia.

To Use Up a Quantity of Rags.—I imagine you mean by "rags" old pieces of cloth, &c. Now, any sort of rags, cotton, linen, coloured, black or white, woollen goods of all sorts—old blanket, old cloth clothes—anything, in short, may be torn or cut into strips an inch wide, and then sewed together in one continuous length, rolled into large balls, and put away until a large quantity have been collected. Then send the balls to a country carpet weaver (I can give you an address if you send me a stamped and addressed envelope), who will make you warm, comfortable, neat and clean-looking carpets, in any size you wish, which are delightful as bedside carpets, bath rugs, &c., &c. They wear "for ever," and wash like the metaphorical rag, and are, as I have recently seen in a country farmhouse, quite unique in all the qualities I have named. I am going home to spend leisure moments in tearing up strips and making balls, so that my rags may benefit someone less comfortable than I. If you like to dye, or have dyed, your balls, you will have carpets any colour you like. Otherwise, they will be parti-coloured.—Catchedicam.

Ham and Eggs.—To prevent the eggs sticking to the pan when frying them tilt it forward, so that they fry in deep fat, and not on the almost dry upper part of the pan. Do not fry them too hard, and let the ham be very lightly done also. Allow one egg to each person, and one or two over, if you think the people are very hungry, and half a poun of ham each all round. Then the menfolk can have larger helpings and still the womenfolk will not be defrauded.—West Countrie.

Letitia Hope.

"I have made my first coat and skirt from your free patterns of this month, and I am very pleased indeed with them."—R.

No. 5600 No. 5601 No. 5602

THREE CHARMING TEA GOWNS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Princess Gown, 2s. 0½d.; Skirts, Foundation Skirts, or Bodice, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Prize Recipes and Household Hints.

NOTE.—All recipes and hints intended for competition must be sent to Mrs. Hope, 10 and 11, Fetter Lane, E.C. They should not be included in envelopes containing queries for other departments, as that entails considerable delay, and often causes the competing papers to reach Mrs. Hope too late for the Competition. Competitors must write their recipes or hints each on a separate sheet, and must put *their name and address* on each.

Mrs. Hope wishes it to be understood that she cannot enter into correspondence with regard to the Hints and Recipes Competitions.

She must further remind competitors that efforts which are not accompanied by a coupon are not considered at all, and that names and addresses of *prize winners* are always printed. All efforts are welcomed, but the rules must be kept, and competitors who write "please do not publish my address," must not expect to gain prizes.

PRIZE COOKERY RECIPES.

A prize of 2s. 6d. has been awarded for each of the four following Cookery Hints:—

An Original Pea Soup.—Soak ½lb green peas and ½lb split peas overnight. Pour away the water, and put the peas in a saucepan with three pints of cold water, one large carrot, two turnips, and one parsnip (all cut into dice), a little celery, leek, and parsley finely chopped, and one ham-bone; add pepper, salt, and cayenne to taste. Boil all together slowly for two hours, stirring to prevent burning. A little dried mint may be added when the soup is served, and is a great improvement.—Miss Nellie Clark, 90, Portland Street, Manchester.

A Nice Jelly for Meat Pies.—When cooking any meat in the oven for making pies to eat cold, also when stewing rabbits, put two teaspoonfuls of common sago to every quart of water required to cover the meat. When the pies are cut they have a firm clear jelly, much nicer and more appetising than anything thickened with flour.—Miss Fountain, 4, Farringdon Villas, Woodbridge Road, Ipswich.

A Dutch Recipe for Cooking Tomatoes.—Tomato Fritters.—Make a stiff batter with 1 egg, 1 teacupful of flour, and a little milk. Have ready sliced tomatoes well seasoned with salt, pepper, and a drop or two of lemon juice. Dip each slice into the batter and plunge into boiling fat. Drain well and serve very hot.—Nurse Harwin, care of Mr. Stead, Government Laboratory, Bloemfontein, O.R.C., S. Africa.

A Nice Dish of Haddock.—Skin and fillet a fresh haddock. Butter a fireproof dish plentifully. Place one of the fillets in the dish. Mix 4 ounces of breadcrumbs with a tablespoonful of chopped parsley, and some pepper and salt. Cover the fillet with a layer of the crumbs, then lay in the second fillet and spread the rest of the crumbs over it. Sprinkle the top with small pieces of butter, and bake for half an hour to three-quarters in a moderate oven. Miss A. Gray, 9, Powis Lane, Aberdeen.

RECIPES COMMENDED AND RECOMMENDED.

Rhubarb and Fig Jam.—Take 1½lb of cooking figs, well washed and cut into small pieces, and put them into a stone jar. Then take 3½lb of rhubarb, skin it, and cut into pieces two inches long, and place these over the figs. Place 4lb raw sugar upon the rhubarb; cover the jar with a baking board and leave for 36 hours, when the sugar will be melted and a good juice be left. Put all into a preserving pan, and from the time it begins to boil, let it simmer slowly for half an hour. Then put in jars, and cover for use. This is a very simple and very delicious addition to the housekeeper's store for winter use.—Sussex.

An Addition to a Cup of Chocolate.—A very delicious flavour is imparted to a cupful of chocolate if a very tiny piece of cinnamon be added to it. The result is surprisingly good.—Shortlands.

A Delicious Recipe for Shortbread.—Ingredients: 4oz of flour, 4oz of arrowroot, 4oz of sugar, 4oz of butter, the yolk of an egg, 2oz each of dried cherries, almonds and candied peel (all cut very small), and a pinch of salt. Mix the flour and arrowroot, rub the butter into them, then add the fruit, the sugar, and, last of all, the egg. Work the whole well together, roll out, and cut into shapes.—Exmouth.

Three More Tomato Recipes.—Tomato Eggs.—Take any number of large tomatoes, scoop out sufficient pulp to allow a raw egg to be dropped inside each tomato. Put a piece of butter on each egg, season with salt and pepper, scatter breadcrumbs over, and bake ten minutes in a quick oven. Serve with parsley or mustard sauce.

Stewed Tomatoes.—Arrange tomatoes in a single layer, and pour over them as much gravy as will reach half their height. Stew them very softly until the under sides are done, then turn and finish stewing them. Thicken the gravy with a little arrowroot, and add, if necessary, pepper and salt. Serve very hot.

Dutch Tomato Chutney.—2lb tomatoes, 4 large apples, 2 onions, a few chillies and peppercorns. Peel and slice the apples, tomatoes and onions, and put them in a saucepan with 1½ pints of vinegar and the spice. Stir and skim frequently for half an hour, or until it thickens. Pass through a *wire* sieve and put into bottles. When cold, tie down.—South Africa.

FOUR PRIZES, EACH 2s. 6d.,
ARE AWARDED FOR THE
FOUR BEST COOKERY RECIPES.

FOUR PRIZES, EACH 2s. 6d.,
ARE AWARDED FOR THE
FOUR BEST HOUSEHOLD HINTS.

HOUSEHOLD HINTS.

A prize of 2s. 6d. has been awarded for each of the four following Household Hints:—

How to Prolong the Life of a Honeycomb Quilt.—Every housekeeper knows how easily honeycomb quilts are torn at the edges, both in wearing and in washing. The following plan will double the wear and add to the appearance of the quilts. Get inch-wide tape, which tack neatly on the edges behind the fringe. Then stitch it round twice. The result is most satisfactory in every way.—Miss Conlan, 21, Belgrave Road, Dublin.

How to Make a Fomentation.—Many people wring out a fomentation quite wrongly. The proper way is thus: Place a towel across a hand-basin, with the ends hanging over. Put on this a piece of flannel, and fold the towel over from the sides. Then pour on boiling water, and wring by the ends, turning them reverse ways. Take the flannel out, and give it a shake and apply lightly at once.—Miss L. Westmill, 51, Dyer Street, Cirencester.

A Hint for the Sporting Season.—Newly ground coffee sprinkled over game will keep it sweet and fresh for several days. Wipe off the blood, and cover the wounded parts with absorbent paper, wrap up the heads, and then sprinkle ground coffee over and amongst the feathers, or fur, as the case may be. Pack up carefully, and the game will be preserved fresh and sweet in the most unfavourable weather. Game sent open and loose cannot, naturally, be treated in this manner; but all game packed in hampers or boxes may be deodorized in ground coffee. A teaspoonful of coffee is enough for a brace of birds, and in this proportion for more or larger game.—Miss Bedford, 12, Priory Crescent, Lewes.

A Garden Hint.—Soapsuds are valuable manure, and on no account should be wasted by anyone who owns a garden. They should be emptied at the roots of vines, raspberry canes, rose trees, apple and pear trees, currant bushes, &c. The good effect upon the crops of this simple but stimulating liquid is most marked.—Miss V. Spiers, The Cheynes, Sutton Valence, Maidstone.

HOUSEHOLD HINTS COMMENDED AND RECOMMENDED.

To Stain and Polish the Floor of a Room.—Dissolve ½lb of permanganate of potash in two gallons of hot water and paint it on to the floor with a short-handled white lime brush. It will be red and green at first, but will turn brown. If not dark enough, a second coat must be given. When quite dry it may be polished with beeswax and turpentine, thoroughly rubbed in every day for a week, or it may be painted over with hot varnish, using a white lime brush as before. The last way is quicker than the first, but the polish is not so lasting. A weekly polishing should keep it in good condition.—Monmouthshire.

A Home-Made Jelly Bag.—Place a chair, legs uppermost, on a stool or table or another chair. Put a basin on it and tie a clean teacloth to the legs, one corner to each leg. See that it droops a little in the centre. Pour the jelly into the cloth and allow it to trickle through. It may be put through more than once if not clear at first.—Ballasilla, Isle of Man.

To Remove Stains of Paraffin from Carpets.—Cover the stain with a thick layer of dry Fuller's earth. Leave it for a few days, if possible, without disturbing it. The stain will be absorbed by the Fuller's earth, which can be lightly brushed off. A second application may be needed if the stain is very bad.—Craigendoran, N.B.

A Hint for the Flour Bin.—Many people complain of damp, musty flour, and do not realise that the cause is not a defect in the quality of the flour, but dampness in the bin. This probably arises from the bin being placed directly upon a damp floor. Raise it on pieces of wood to allow air to circulate freely underneath it, and all will be well.—Leeds.

Soap and Candles.—If soap is bought in large quantities and cut up into ½lb pieces and laid upon a very dry shelf to harden, it will go much further than if used fresh. Candles may also be bought in large quantities and similarly hardened by keeping; but, if they become discoloured, do not think them beyond use. Wipe them with a cloth dipped in methylated spirit, and their colour will be quite restored.—Derby.

Cookery Recipes and Household Hints
PRIZE COMPETITION

To provide our readers with interesting and original recipes for Cooking and Hints for the Household, we are offering:

FOUR PRIZES, 2s. 6d. each, also
TWO PRIZES, each consisting of a pair of beautiful Velvet-Grip Stocking Supporters, in Fancy Boxes, with dainty perfumed sachets,
for the Six Best Cooking Recipes, and

FOUR PRIZES, 2s. 6d. each, also
TWO PRIZES, each consisting of a pair of beautiful Velvet-Grip Stocking Supporters, in Fancy Boxes, with Dainty perfumed sachets,
for the Six Best Household Hints.

Competitors must send in their Recipes and Hints on or before October 15, addressed to "Mrs. Hope, Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

One or both the coupons below must be sent in with the Recipes or Hints.

Competitors must write their Cookery Recipes and Household Hints on *separate sheets*, and put their name and address on each. The sheets can then be pinned together with each coupon.

COOKING RECIPES.
OCTOBER, 1905.

HOUSEHOLD HINTS.
OCTOBER, 1905.

The Result of the Competition will be published in the December number.

"I have taken your Journal for seven years, and find it very useful".—L. Bradbury, 38, Gladstone Avenue, W. G., N.

HEALTH AND PERSONAL ATTENTION

(See MYRA'S ANSWERS IN "MYRA'S JOURNAL").

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PHILIP H. MASON,

Pharmaceutical Chemist, 25, BANK PLAIN, NORWICH.

IMPORTANT NOTICE.—All Articles in this List admit of Postal Transit, and will be delivered free per post at the prices marked, secure from observation, and carefully packed on receipt of P.O.

Agents for New Zealand: Messrs. Walker, 125, Colombo St., Christchurch.
" " South Africa: Mr. F. H. Carman, Mill St., Cape Town.
} **From these Agents any of the Toilet Preparations may be obtained**

COLD CREAM OF WOOL FAT AND CUCUMBERS (Nuthall's).—Strongly recommended for general use, both on account of its healing qualities and of its freedom from irritating properties. Wool fat is essentially the natural fat of the Skin, and upon its presence depends the Skin's healthy condition. When absent or deficient, the skin loses its elasticity, becomes dry, and apt to chap and crack. The above Cold Cream will be found to remedy and prevent all these unpleasantnesses, and its continued use will render the skin distinctly softer, more elastic, and of a healthier colour. It is emollient and healing, and will counteract the ill-effects of hard water and of over-exposure to cold, wind, or sun. Its constant use is invaluable for preventing and removing wrinkles and crowsfeet. 3s. 6d.

THE GARRISON HAIR DYE.—An absolutely harmless hair dye in one solution. Easy in application, rapid, cleanly, and almost infallibly certain in effect. This is the Hair Dye *par excellence* for those who prefer a dye in one solution. Black or Brown, 3s. 6d. per case

AUBURN TINCTURE.—Imparts that much desired tint—a rich auburn. It will be found most useful for giving warmer shades to pale brown and flaxen hair, and is indispensable for auburn hair which is turning grey. Hair treated with it, retains a perfectly natural appearance. Being free from all mineral matters, it is quite harmless. It is also cleanly and permanent. Prepared in three shades—Auburn, Auburn-Red, and Golden Auburn. 3s. 6d.

NORVICIA CREAM AND HERBAL POWDER.—A perfect skin food. Price of case of the two preparations, 3s. 6d. By the combined use of these novel and most successful preparations the beauty of the complexion can be indefinitely conserved, and all blemishes, spots, roughness, and tan effectively removed. They afford perfect media for thoroughly massaging the skin, assisting to a remarkable extent the removal of the worn out and the building up of new tissue, whilst the muscles, upon which the appearance of plumpness depends, are greatly strengthened and developed. The cream nourishes the inner cuticle and subjacent tissue, and the albumen of the powder exercises a like effect upon the outer cuticle.

EMULSINE OF CUCUMBERS.—Dr. Anna Kingsford's Formula, Thin, 3s. 6d. and 10s. 6d.; Thick, 3s. 6d. and 10s. 6d. These Emulsines resemble the Crême Froide in their general properties, but are prepared for those who prefer an emulsion to a cream. The thick Emulsine is especially intended for the prevention of wrinkles, and is also highly recommended for winter use, while the thin Emulsine is adapted for whitening the complexion, and for summer use.

"Against the crowsfeet use Mason's Thick Emulsine. With respect to wrinkles, I have said again and again that nothing removes them so satisfactorily as the thick Emulsine. For flushing of the face and dryness of the skin use Mason's Thin Emulsine of Cucumbers. 'Cool as a cucumber' is, as you know, a comparison that has become a proverb, and with good reason. Mr. Mason has prepared two excellent emulsions of cucumber, thick and thin, which I have not seen equalled. To these he has now added a Crême Froide aux Concombres. As the responsibility for these formulas rests, in a large measure, with myself, you may feel sure I should not recommend them unless I had complete confidence in their excellence."—Anna Kingsford, M.D.

JABORANDI HAIR TONIC.—Prepared from selected South American Jaborandi Leaves, containing the newly-discovered alkaloid Pilocarpine. Highly recommended by medical authority as a hitherto unapproachable stimulant to rapid growth of hair. Used not only to prevent the hair falling, but to stop advance of greyness and induce vigorous secretion of the natural colouring pigment. 3s. 6d., 10s. 6d.

PETROLATE OF SULPHUR.—For promoting the growth of the Hair, and for preventing greyness. A new compound, which not only promotes the growth of the Hair, but also largely increases the formation of its colouring pigment. Its use has the effect of nourishing the Hair and increasing its growth, and also of improving its colour, preventing the increase of greyness, and removing that already existing. Price 2s. 6d.

The effect of this, used in combination with the Jaborandi Tonic, has recently been found *most remarkably successful*. A lady writes, "To arrest the greyness I applied the Petrolate of Sulphur regularly every night, rubbing it well into roots of hair, while in the morning I applied the Jaborandi Hair Tonic with a soft tooth-brush. I am most pleased to tell you that after one month of this treatment, all the greyness has gone, completely."

BLOOM OF STEPHANOTIS.—An exquisite creamy white skin and complexion powder. It imparts a beautiful natural whiteness and youthful softness and delicacy to the skin. The painful "flushing" of the face, brownness of the neck and arms, undue redness of the face and hands, are obviated by one application. For personal appearance at Court, the Ball, or Concert it is indispensable: it represses the unpleasantness of sensible perspiration and its disagreeable accompaniments. Travellers and residents in warm climates will find it invaluable. It so entirely prevents the discolouring action of the sun on the skin that freckles are almost unknown to those who use it. In polished apple wood case, with toilet puff, 3s. 6d.

"For my own part, I am in the habit of recommending Mr. Mason's Stephanotis Face Powder, because I trust him, and know that he is moderate in his charges and honest in quality."—Anna Kingsford, M.D.

HYGIENIC SKIN CREAM.—To all who desire to retain a smooth, healthy complexion, and soft white hands to an advanced age, this cream is indispensable, as it is unequalled for whitening the skin, removing redness and roughness, and healing chaps and cracks. Its absolute purity renders it equally as desirable for the Nursery as for the Toilet. 2s. 6d.

HENNA HAIR DYE (IN ONE SOLUTION).—An entirely vegetable preparation, obviating the use of lead or any metallic dyes. It is guaranteed to be entirely harmless to hair or health. It is most simple in application, and in every way superior to the old-fashioned metallic dyes in two solutions. 3s. 6d., 10s. 6d.

"Of all the brown dyes I have tried, I like best Mason's Henna Dye It is entirely vegetable and harmless."—Anna Kingsford, M.D.

CREAM OF STEPHANOTIS.—An exquisite creamy white skin and complexion cosmetic; imparts youthful softness and delicacy, with a beautiful natural whiteness to the skin. Composed of perfectly innocent ingredients, this Cream has a most beneficial action upon the skin. It obviates in one application brownness of the neck and arms, or undue redness of the face and hands. For personal appearance at Court, at Balls, or other crowded assemblies, it is indispensable, especially as it represses the unpleasantness of perspiration and its accompaniments. In warm climates it will be found invaluable. Also to prevent the appearance of that unpleasant redness or flushing of the face, which is so common annoyance. So completely does it prevent the discolouring action of the sun on the skin that freckles are rarely, if ever, known to those who use it. It subdues the redness of the features caused by exertion, cooling the skin in a most delightful manner. 3s. 6d. per case.

SULPHUR SOAP (for the Hair).—The natural colour of the hair is due to an organic pigment, into the composition of which sulphur and iron largely enter. It is believed that in many cases grey hair is due solely to a deficiency in this natural secretion of sulphur. In such cases the sulphur may be applied to the hair glands by occasionally washing the hair and scalp with the above soap. It is most particularly recommended that in cases of incipient greyness this should be tried before artificial colour restorers are resorted to. It is also the best soap for cleansing the hair before applying any dye or colour restorer, as it greatly quickens and enhances their action. It is also of great service for washing the skin in many cases of eruption and skin diseases. 1s. 1d.

"Better try Mason's Sulphur Soap and soft water."—Anna Kingsford, M.D.

TOILET SACHETS.—These charming novelties form an important adjunct to the Toilet, and are invaluable for improving and preserving the complexion. The Sachets are prepared from certain flowers and seeds, which possess a tonic, preservative, and softening effect upon the skin. By their constant use, the freshness of the skin natural to youth can be preserved to a mature age, the fineness of its texture improved, and the formation of wrinkles and freckles prevented. Where the complexion is already impaired, their use will bring about a marked improvement, and give a much more youthful appearance. There are three varieties of the Sachets, viz., for Blondes, for Brunettes, and Special for those with impaired complexions. 3s. 6d. per box of 25.

WALNUT JUICE AND NUTGALLS.—Having often been required to prepare Walnut Juice for ladies, I have found that it is not perfectly successful by itself as a hair stain. After many experiments I am at last able to introduce a combination of Walnut Bark and Nutgalls, which is perfectly effective in giving to grey hair various shades of rich natural brown, very different from the dull metallic black of lead restorers. It is at the same time perfectly safe (Walnut Juice has been used for centuries as a hair dye). Price 3s. 6d. per case, post free, with full directions.

DEPILATORY (Powder).—Mr. Mason is continually asked by ladies for a Depilatory which will, in one application, not only remove existing superfluous hair, but prevent its reappearance. He wishes clearly to state that it is impossible to do this. All that can be done is to remove the hair, after which an occasional subsequent application on the surface of the skin will prevent it from attaining a visible growth. The above preparation will do this without injury to the skin. With directions, 2s. per bottle.

"Mr. Mason's Depilatory is at once the cheapest and best I know of."—Anna Kingsford, M.D.

EYEBROW AND EYELASH DYE.—A simple and instantaneous application, requiring renewal only at long intervals. Has been much approved, and seems to have met a pressing want. Black or brown, 2s. 6d. per case.

"Nothing will darken the eyelashes permanently except a dye. Mr. Mason sells an eyebrow and eyelash dye at half-a-crown the case, black or brown."—Anna Kingsford, M.D.

CYCLINIA.—Specially for Cyclists. Prepared from the flowers of the Elder, effectually preserves the complexion from stress of wind or sun, and removes and prevents redness roughness, scorch, sunburn. 1s., 1s. 9d., 3s.

SKIN FOOD.—For restoring wasted tissue and removing wrinkles. To this loss of tissue and muscular tone is due the falling away of the face and neck, loss of roundness, and formation of lines and wrinkles, but these conditions can be overcome by a steady use of the Skin Food. Its use also enables the skin to retain for many years the clear, smooth, velvety surface that is associated with youth. 2s. 9d. and 7s. 6d.

FOR OTHER HAIR DYES AND COLOUR RESTORERS SEE THE ENTIRE LIST.

Practical Dressmaking
FOR HOME WORKERS.

HOW TO CUT AND MAKE PLAID OR STRIPED SKIRTS.

THE two-piece umbrella or "bell" skirt is the best model for the plaided and striped materials, of which so many will be worn this autumn and winter, because the lines of the plaid or striped fabric fall naturally on the straight at the sides, meeting in V points front and back—the only seams, except those required to eke out the width of the material, these last being on the *straight*, lines of stripes meeting.

The pattern is in one piece—half the skirt. The diagram shows the pattern laid, to avoid extra seams, on 4½ yards of 48-inch plaid, which is opened out and is double, so that the piece is cut in duplicate. See that the stripes run straight down the sides from waist to lower edge. In cutting, leave generous turnings above and below (mark out correct shape in tacking thread), so that the plaid lines can be made to meet exactly, forming V points.

Tack front and back seam (opening in back seam); try on. Stitch and press the seams. Stitch the front seam open. Cut a false hem from the waste. Seam it on over a band of lino, and either stitch down closely or trim like the front seam. Arrange the top into a ribbon after finishing the back opening with felled bands of sarsenet. Close with glove-stud skirt tapes, and close the top with hooks and eyes. The pocket can be inserted in the opening. This skirt can be lined, or it can be worn over the five-gore foundation skirt of moirette (edged with a pleating of the same). For short figures the width of the plaid will supply the hem.

The skirt can be cut more economically by reversing the direction of the material—taking the length of the skirt out of the length of the stuff, not out of the fabric's width as just described. Lay the breadth of plaid down the centre of the pattern, as shown by the dotted lines, and seam on corners at selvedges, taking care that the pattern meets. Such seams as these would not then show. 2⅔ yards will be enough for the bulk of the skirt, and another yard will supply the four added corners, making 3⅔ yards in all. Striped fabrics must be cut in this way to ensure the stripes falling straight from waist to edge at the sides.

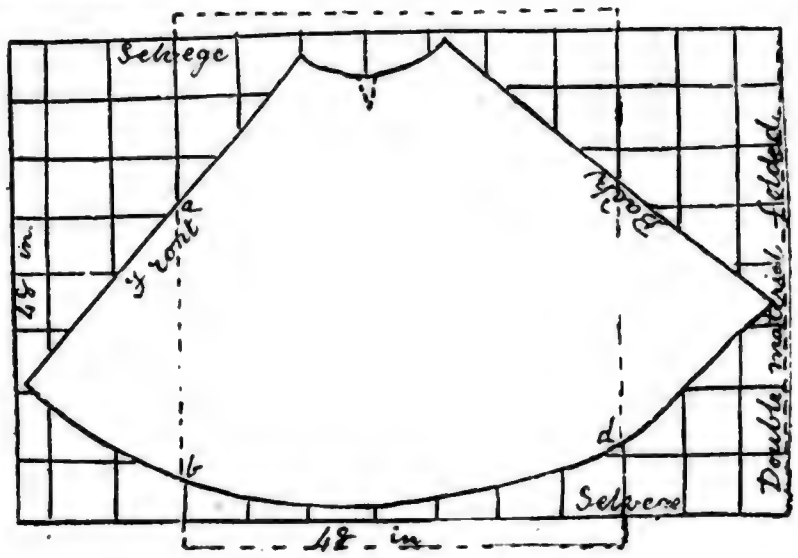


Diagram of Plaid Skirt Pattern.

No. 5603. How to Cut a Plaid Skirt.
For Description see this Page.
Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

A PRETTY MORNING BLOUSE.

This looks charming in Wedgwood-blue cashmere embroidered in dark red, with red leather belt. The skirt should match the blouse, at any rate, in colour.

The pattern is in nine pieces—half the front yoke, one back of yoke, half the full front, one back (cut with central box-pleat), half the added basque, half the band collar, one sleeve, one cuff, one sleeve lining. The diagram shows how to lay blouse pattern pieces on 46-48-inch cashmere. The duplicate back, of course, is cut without the box-pleat *(see p. 29)*.

Tack together the yoke pieces and try on; embroider yoke and line with batiste. Turn in the scallops and stitch it lapped over the blouse according to the notches. Tack the under-arm seam, tack on the basque, and try on. Stitch and press the seams. Arrange the box-pleat and make the buttonholes in under-fold. Hem the other front and put on small pearl buttons. Finish the basque, which fits better if lined. The whole blouse could be lined with batiste. Embroider, line, and seam on the collar. It hooks at the back. Arrange the seamed puff sleeve on the seamed lining. Gather the lower edge into the embroidered and lined cuff or lower sleeve, which can be seamed or closed with hooks and eyes.

A SMOCKED DJIBEH NIGHTDRESS.

It can be of fine flannel, of veiling, or Viyella for the autumn and winter. There is no opening, the garment being passed over the head and drawn up at the neck with a ribbon passed through worked slots. To

"Mrs. H. begs to say that the bodice pattern is the greatest possible success. Mrs. H. finds that by Myra's help she can make smart blouses as well as her London Dressmaker."

give fulness to the front—to enable the garment to slip over the shoulders easily—the shoulders of front are tucked or smocked, smocked by preference, because smocking is more elastic than tucks. However, smocking does not answer for cotton, muslin, or linen fabrics; for these I would suggest tucking the front shoulder to fit into the back. But materials like Viyella, nun's veiling, &c., smock charmingly, and the smocking *washes* nicely. For pretty patterns to smock this front, I suggest one of the many designs to be found in the three handbooks on "Smocking," belonging to "Myra's Library of Needlework," price 1½d. each, post free.

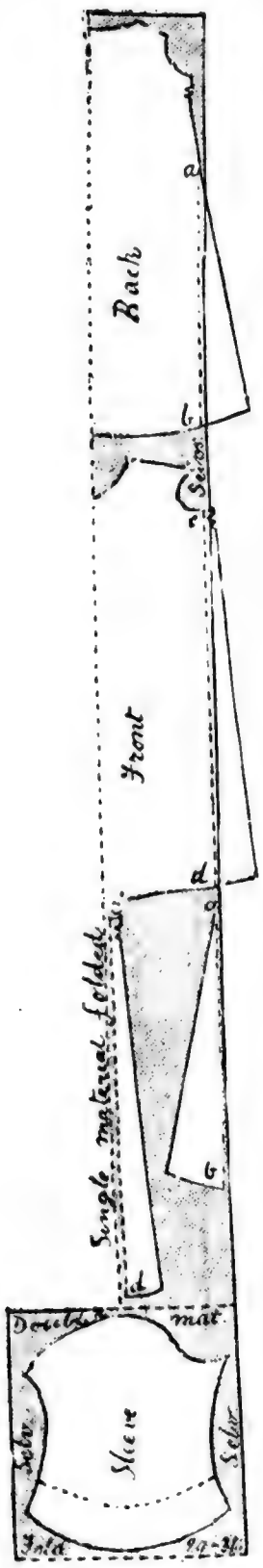


Diagram of Nightdress Pattern.

The pattern is a very simple one—half the back, half the front, one sleeve. The diagram shows the three pattern pieces laid on 5 yards of 29-31-inch material, which is opened out and is double beneath the sleeve pattern, so that it is cut in duplicate. Above, the single material is folded over—selvedges meeting—the back centre of back and the front centre of front laid along the fold, so that each is cut in a single piece.

No. 5604. A Charming Morning Blouse.

For Description see Page 28.

Price of Paper Pattern, 6½d., post free, of Madame Myra *10 and 11, Fetter Lane, E.C.*

No. 5605. A Smocked Djibeh Nightdress.

For Description see this Page.

Price of Paper Pattern, 1s. 0½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

However, the material being too narrow for the entire front and back, long added corners must be seamed up the selvedges at *a b, c d.* Begin by sewing these four seams (run and fell seams).

Begin the fancy work by embroidering the front in a bow pattern and dots. The bow could be appliqué lace braid, and the dots are worked in satin stitch or French knots. White embroidery cotton could be used, embroidery silk, or Peri Lusta Thread. Do not touch the neck edge as yet. Then smock the shoulders to fit the shoulder of the back. Seam the shoulder seams—a lapped seam answers best here, the flat back lapping over the smocked front, then neatly stitched with the machine, or feather-stitched (a good variety of "fancy" work comes in for these Djibeh Nightdresses). Then cut your slots all round the neck to fit your ribbon, and work them over in satin stitch. Lastly, scallop your neck and work it in buttonhole stitch.

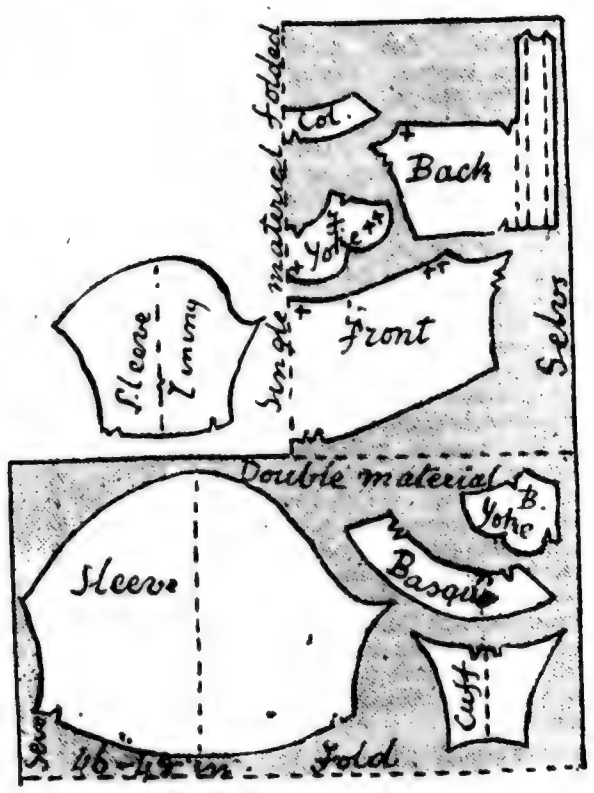


Diagram of Blouse Pattern.

The embroidery done, sew your double notch seams and hem the lower edge. Embroider the dots and slots on the sleeve, seam it. Scallop and work over the lower edge like the neck. The wheel-marks on the sleeve show where the slots commence. Gather the top of sleeve into the shoulder of nightdress, and fell the seam.

DURING EXCESSIVELY HOT WEATHER children suffer very much, and there are many infantile and other complaints at this period which require to be dealt with promptly. The best diet for children of all ages is HORLICK'S MALTED MILK. It is at once highly nourishing and exceedingly assimilable. It is composed of the purest dairy milk in combination with the valuable extracts of wheat and barley malt. Children who are in their school period can take it prepared in various ways and cooled according to requirement. Infants can live on it from birth. All chemists sell MALTED MILK at 1s. 6d. and 2s. 6d. per bottle. Free sample sent for two stamps to cover postage by Horlick's Food Company, 34, Farringdon Road, London, E.C.

Beckenham, Kent.—"I have been a subscriber for seventeen years and think that your fashions are the best."—K. N.

Descriptions of the Illustrations.

A Charming Crossed Blouse.

No. 5553, **Page 6.** The pattern is in six pieces—the right gathered shoulder front (cut with the cross lap), the gathers wheelmarked on pattern, one full sleeve, half the back, half the vest, one cuff, half the collar, half the basque. Lay the pattern pieces on 2 yards of 46-inch cashmere, which is folded in half (selvedges meeting), the back centre of back laid along the fold, so that it is cut in one piece, the other pieces being cut in duplicate. Collar, vest, and cuff are of white silk or muslin, decorated with lace insertion. Tack together back and fronts, gathering fronts into back at shoulders. Tack on the seamed basque. Try on. Sew the seams. Put on fastenings, worked loops made down the left front and small hooks sewn beneath the edge of right front. One of the new belts should be worn, of broad soft ribbon gathered on bones. Seam the sleeve and gather on the lining, arranging it into the cuff (which can cover a cuff of the cashmere). Arrange the sleeve into the armhole on the wearer, gathering the top into the shoulder of the blouse. Stitch the seam and overcast it. The chemisette (with its collar hooking at back) can be detachable. For the charming B.B. Cashmeres, send for patterns (carriage will be paid both ways) to Best's Dress Goods Co., Bradford.

A Gathered Blouse of Oriental Satin.

No. 5554, **Page 6.** A gauged front and two gauged backs, mounted on to a three-piece yoke of lace insertion and satin. The puff sleeve is arranged on a lining, the top frill cut with the sleeve, the lower added. Edge frills with narrow lace. There is no lining, but one of muslin for the sleeve. Close with hooks and worked loops at back. The collar is of satin and lace. Oriental satin, 6 yards. Send for patterns to the Holborn Silk Market, Holborn Bars, E.C.

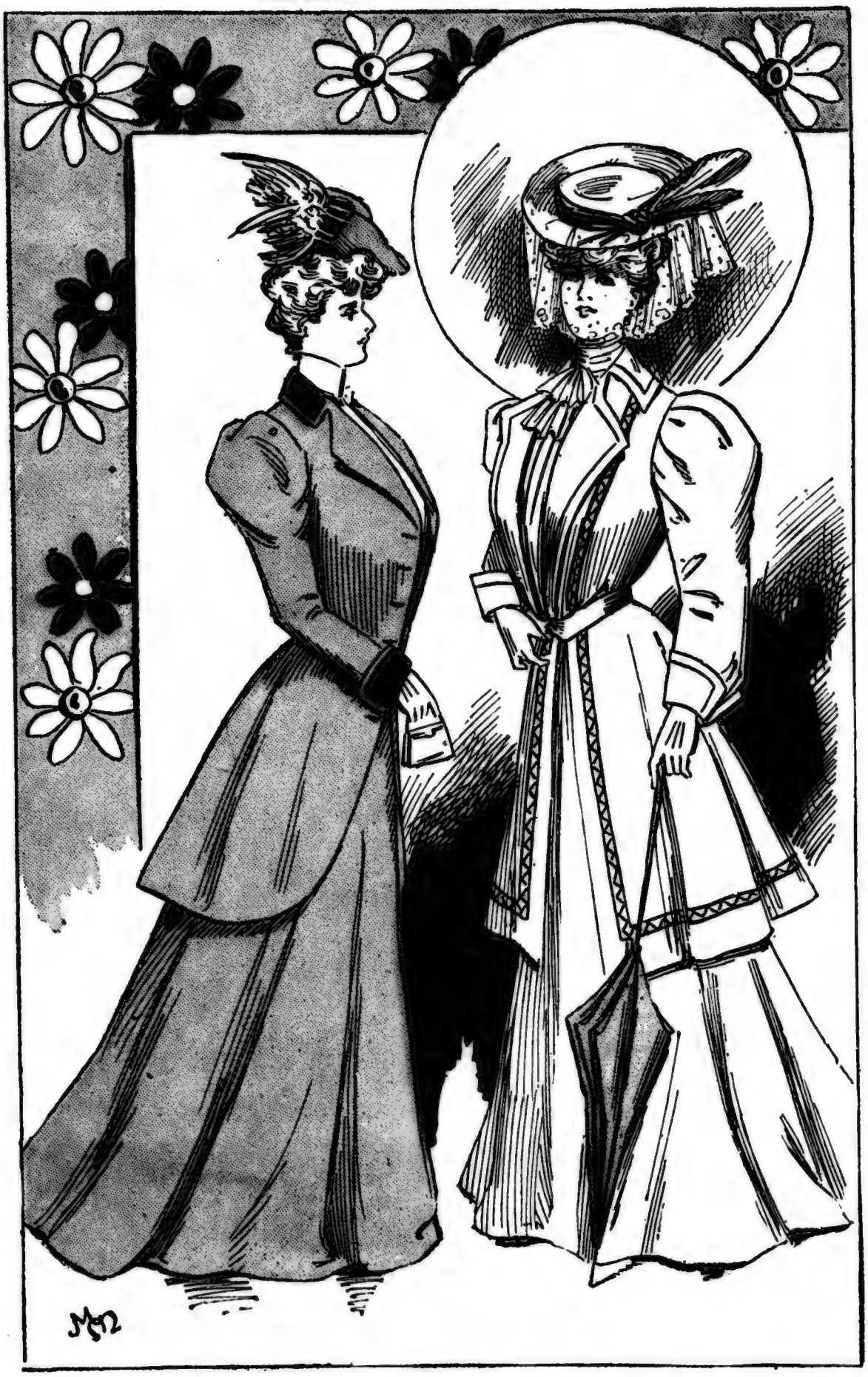
Gathered Blouse of White Jap Silk.

No. 5555, **Page 6.** A gauged front and two gauged backs, mounted into a three-piece yoke of silk, striped with lace insertion. Make an easy fit. The sleeve is ruffled on a lining. Rest is unlined. Lower sleeve of lace-striped silk. Wear over a fitted underslip of Jap silk or batiste. Gathers can be sewn with strong silk or stitched to a ribbon. 21-inch Jap silk, 6 yards. Band collar of lace and silk. Close with hooks and worked loops at back. The Holborn Silk Market (Holborn Bars, E.C.) has lovely Jap and other light silks at 1s. 0½d. the yard.

A Smart Pleated Flannel Blouse.

No. 5556, **Page 6.** Back and two fronts are arranged in box-pleats (central pleat cut with right front). The pleats are wheelmarked on pattern. Added basque. One-piece sleeve arranged into a pleated cuff (pleated to flat pattern). Detachable collar of stitched batiste. Smart tie of broad black ribbon. 29-inch flannel, 4 yards.

No. 5606 No. 5607



TWO TYPES OF THE NEW AUTUMN COATS.

For Description see Pages 30 to 34.

Price of Paper Patterns, Skirts or Coats, each 6½d., post free of Madame Myra, *10 and 11, Fetter Lane, E.C.*

A Tucked Flannel or Cashmere Blouse.

No. 5557, **Page 6.** The pattern is in six pieces—half the tucked back, the right tucked front cut with central box-pleat, half the basque, one sleeve, one cuff, half the collar. Pleat and tucks are wheelmarked on front and back patterns. Lay the pattern pieces on 4 yards of 29—31-inch flannel, which is doubled, so that front, sleeve, cuff, and basque patterns are cut in duplicate. The cuff is tucked to flat pattern. The back centre of back pattern is laid on the fold. The left front, of course, is cut without the central box-pleat. Make the tucks. Tack together the back and fronts; try on. Make buttonholes down a doubled band mounted beneath the right front's double box-pleat, hem the left front, and sew the buttons downthe hem. Seam the side seams (run-and-fell seams). Arrange the lower edge into the two-piece basque. Try on again. Stitch the seam of junction neatly and hem the basque all round. The back edges of the basque can be seamed, or left open and hemmed. Band collar has buttonholes to hold the detachable linen collar. The tucked cuff is sewn on the gathered lower edge of the sleeve, which is seamed inside with a fell seam. Gather the sleeve into the armhole, and bind the seam for neatness. Cuff closes with hooks and eyes or buttons and buttonholes. Belt of suède kid. Smart little tie.

Tailor Gown with One of the New Coats.

No. 5558, **Page 7.** Charming model for Lutas Leathley's beautiful Wylwyrwell faced cloth (in the new shades, only 1s. 6d. the yard. Patterns will be sent post free on application to Lutas Leathley and Co., 105, Armley, Leeds). The skirt hangs folds, like the bell skirt, from a fitted top, but instead of being cut in one-piece—like the real "bell," it is in three—with an added tablier, which helps to mould the hips. The pattern is in two pieces—half the tablier, one circular side. Lay the front and side pattern pieces on 4½ yards of 42-inch material, which is opened out and doubled beneath the side pattern, so that it is cut in duplicate. The single material is folded over (selvedges meeting), the front centre of front laid on the fold, so that it is cut in a single piece. The side breadth is fitted with a small dart. The side pattern being too wide for the material, corners are joined on the straight up the selvedge. Sew and press the seams of added corners. Tack the darts, the side and back seams. Leave the opening in the

Corsham, November 4, 1901.—"I write to tell you that I am very, very pleased with your journal."—C. P.

left tablier seam. Try on. Stitch and press the seams, also lap of opening. Line with linenette or moirette, cut on the skirt pattern, but seamed apart. Another ¾ yard will be required for the band. Cut the circular 4-inch band on the skirt pattern, and stitch it in place before lining and hemming. To save material only the lining need be full length, the material ceasing an inch below where the circular band commences. This band should have an interlining of lino, if the material is cut away beneath it, to give it substance. The top is bound, and closes on the left with two bent hooks and eyes. Fell the lining over the opening turnings, and close with glove-stud skirt tapes. The pocket can be inserted in this seam. The elegant coat has a back, four sides, two two-piece fronts (front centres cut with lap and added tab). Coat closes with hooks and eyes, and front centres are stitched to represent two box-pleats. Stitch and press seams after fitting. Put on hooks and eyes after the added revers, which are faced with broché or braided cloth. Line with silk or polonaise, cut on coat pattern, but seamed apart. Fronts should be stiffened with strips of lino or canvas interlining. Collar faced like revers. Two-piece gigot sleeve. 42-inch cloth, 3 yards.

Novel Coat and Skirt of Zibiline Cloth.

No. 5559, Page 7. Two-piece bell skirt, seamed back and front, seams hidden in the inverted box-pleat back and front. Wear over a separate five-gore foundation skirt, or line with mercerised sateen. Pleats are stitched down for a few inches. Opening at back. Smart coat—a back, two fronts, and two-piece sleeve, a tucked pélerine, a stiffened belt. Trim with velvet ribbon or silk braid. Lining is cut on coat pattern, seamed apart. Coat closes with hooks and eyes down front centre, right front crossing to left. Tucks of cape are wheelmarked on pattern. Cape is unlined. Lutas Leathley (Dept. 105), Armley, Leeds, has excellent zibilines in the new autumn shades at 1s. 3d. the yard. 42 inches wide. Quantity required, 6 yards. A band of galon at neck simulates the top of a waistcoat.

An Elegant Tailor Gown.

No. 5560, Page 7. Original skirt. The tablier is wide at the top, but after a few inches it is eked out with inserted panels (central seams lapped), cut with inserted pleats. Beside this there are two sides on each side, cut with inserted pleat, and two backs. Skirt is made quite apart from five-gore foundation skirt. Smart coat-lining is fitted, and is covered below with velvet, sufficiently stiffened. The skirt material makes the bolero fronts and back, which are edged with stitched straps. Two-piece gigot sleeve. Face collar and revers with velvet. Velvet-faced cuff. 48-inch cloth, tweed, etc., 5 yards.

A Plaid Coat.

No. 5561, Page 7. Two tucked double-breasted fronts and a tucked back, with added basques and two-piece gigot sleeve. The collar is faced with velvet, and velvet buttons close and trim fronts and sleeves. Line with silk, cut on coat pattern after tucking, seamed apart, the edges slipstitched to the stitched coat edges and plaid front facings. To match a skirt. The plaid should be cut on the cross. 46-inch plaid, 3 yards.

Girl's Tweed School Frock.

No. 5562, Page 8. A three-piece skirt mounted on a three-piece lining bodice (back and two fronts); the lining is veiled with a tucked silk chemisette, with a back and two crossed fronts of tweed. One-piece collar. One-piece sleeve with tweed wristband. Trim with braid or velvet ribbon. Vest and collar are tucked to flat pattern. 42-inch tweed for a girl of seven, 2½ yards. For good-wearing cheap tweeds send to Christopher Williamson, Desk 10, 91, Edgware Road, London, W.

Pretty Plaid Frock.

No. 5563, Page 8. The one-piece skirt, prettily pleated (pleats wheelmarked on pattern), is decorated with bouillonnés of silk. The skirt is arranged on a 3-piece lining bodice, which closes at back and is veiled with a full front and two backs of the plaid, decorated like the skirt. Two-piece gigot sleeve. Chemisette of soft silk with band collar. 46-inch plaid for a girl of nine, 3½ yards.

Girl's Empire Coat.

No. 5564, Page 8. A one-piece skirt is arranged into a three-piece bodice. Line with silk, cut on coat pattern, but seamed apart. Close with buttonholes. Big pearl buttons. Stitched cape with shaped frill. One-piece sleeve with added cuff. One-piece collar, faced with velvet. 54-inch cloth for a girl of eight, 2½ yards.

Smart Frock for a Girl of Twelve.

No. 5565, Page 8. A full skirt trimmed with pleatings of the skirt material (cashmere or soft fine serge). A crossed bodice with white silk chemisette, made up on a fitted lining. Tucked fichu of the silk or cashmere (tucks wheelmarked), edged with a pleating. The chemisette has a draped collar (draped to flat pattern). 46-inch cashmere, 5 yards.

Boy's Coating Overcoat.

No. 5566, Page 8. A back and two double-breasted fronts, a reefer collar, a two-piece sleeve. Face fronts and collar with the coating over an interlining of tailor canvas. Close with buttonholes (made in left front) and big pearl buttons. Line with Italian cloth, cut to coat pattern, but seamed apart. 54-inch material, 2 yards.

Costume for a Girl of Fourteen.

No. 5567, Page 8. A full skirt, with added tuck (doubled bias bands). Three-piece blouse, pleated (pleats wheelmarked on pattern) and unlined. Two-piece sleeve, pleated. Band collar holds the detachable linen collar. 48-inch serge, tweed, &c., 5 yards.

Knickers of White Veiling.

No. 5568, Page 9. A width of 42-inch veiling required for each half of the knickers. To match No. 5569. The top is arranged into a lined shaped band, which fits over the corset, buttoning at back. The legs are strapped and trimmed with lace. They are eased into a lace band which holds the cross cut frill, which is edged with lace and is tucked to flat pattern. Use woollen torchon lace. 42-inch material, 1¼ yards.

Chemise of White Veiling.

No. 5569, Page 9. A back and front, without fulness at the top, the front inlet with woollen torchon lace. The neck and armholes are finished with ribbon-threaded beading and lace. 42-inch material, 2 yards.

CORSETS & CONSUMPTION.

Does "Tight-Lacing" Conduce to Diseases of the Lungs? . .

THIS is generally supposed to be a debatable point. Ladies who are anxious to safeguard the lines and contour of a graceful figure will be slow to perceive—and still more slow to admit—that the practice can be so inimical to health as some authorities maintain. Is it a case of "the wish" being "father to the thought"?

The support afforded by comfortable corsets may be entirely desirable from some points of view, and that they contribute usefully in preserving grace of figure and dignity of pose may be considered as beyond question, but the tendency to exceed the limits of moderation by lacing the corsets too tightly does, whether we close our eyes to the fact or not, introduce an evil of a very grave character. The pressure round the waist seriously restricts the expansion of the lower part of both lungs, so that the work of respiration is confined almost exclusively to the upper lobes of these organs. Two results follow. The comparative inaction in part of the lung area (with the degree of pressure which is brought to bear upon the heart itself) is a menace to health because of the weakness it is likely to engender—and lung weakness is almost invariably the precursor of pulmonary disease. The other result is, that restricted respiration hinders the process of aeration (or oxidation) of the blood, and thus tends to the impoverishment and devitalisation of the whole system.

Many of our readers who indulge this habit of "tight-lacing" will have experienced considerable distress at times and a sense of relief when the corsets are removed at night. This should be regarded as indications of incipient lung mischief, and recourse had to something for preventing any further development of the trouble.

In this connection it is fitting to call attention to the "Nature" treatment which is proving so marvellously successful even in cases of pronounced disease. A large number of cases of Asthma, Consumption, Bronchitis, &c., that have been pronounced incurable by eminent medical authorities have been restored to health by the practice of comparatively simple hygienic rules in their own homes, without having to sacrifice either social or business engagements.

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Charming Dressing-gown of White Veiling or Cashmere.

No. 5570, **Page 9.** Two backs, a side on each side, two fronts, a scalloped collar, scalloped pagoda sleeves. Line gown with batiste to the hips, and tuck lower edge to flat pattern. Close with hooks and eyes or buttons and buttonholes (made in a lined underfold of right front). Hem the lower edge. Pretty lined and scalloped collar, finished with two lace frills. The sleeve is trimmed to match. Quantity of 46-inch material required, 8 yards.

Djibeh Night-dress.

No. 5571, **Page 9.** It has no fastenings. Tucked in front (tucks wheelmarked on pattern), plain at the back; back and front are arranged into a round yoke, lace-edged and worked with slots, through which a ribbon runner is passed. The sleeve can be similarly drawn up or left loose. Double-width white veiling, 3½ yards.

Evening Cache-Corset.

No. 5572, **Page 9.** To match No. 5571. In three pieces—a back and two fronts, tucked (tucks wheelmarked), and decorated with lace and a ribbon threaded band worked with slots. Buttons in an underfold of box-pleat (cut with right front). Band and frill of lace at waist. The neck and armhole are edged with lace. 42-inch veiling, ¾ yard.

Nightgown of Horrockses' White Flannelette.

No. 5573, **Page 9.** The pattern is in three pieces—half the tucked front, half the back, one sleeve. Tucks are wheelmarked on front pattern. Lay the pattern pieces on 6 yards of 29-inch flannelette, which is doubled under sleeve pattern, so that it is cut in duplicate. The single material being too narrow for the back and front pieces, added corners are seamed up the selvedges. Sew the tucks. Slit the front's side for an opening. Finish the slit with stitched straps, closing with buttons and buttonholes, and decorating with straps of embroidered flannelette, pierced embroidery. Seam together back and front. Neck is finished with a band and shoulder straps of the embroidery. For Horrockses' Flannelette, send to Christopher Williamson, Desk 10, 91, Edgware Road, W.

Embroidered Flannel Night-dress.

No. 5574, **Page 9.** The pattern is in six pieces—half the tucked front, half the back, half the vandyked front of yoke, half the back yoke, one sleeve, one vandyked cuff. Lay the pattern pieces on 6 yards of 29-inch flannel, which is doubled under sleeve pattern, so that it is cut in duplicate. The single material being too narrow for the front and back pieces, added corners are seamed up the selvedges. Arrange front into the embroidered yoke, which is worked with silk in satin stitch and is edged with ribbon-threaded beading. The front is slit for an opening, protected by a stitched strap, which holds the buttonholes. Gather the back into the lined yoke. Seam together back and front. The sleeve is arranged into the embroidered and lined cuff, and is gathered into the armhole. Edge neck with woollen torchon. Sleeve frill of lace-edged flannel.

Lady's Veiling Combination.

No. 5575, **Page 9.** It cuts best out of yard-wide or double-width material; 29-inch flannel requires to be eked out with added corners. The pattern is in two pieces: half the combination, half the one-piece back. Lay the two pattern pieces on 3½ yards of material, which is opened to its full width and doubled, so that the combination is cut in duplicate. A space should be marked out for the lacking half of the one-piece back. Tucks to shape front are wheelmarked on pattern. Sew the tucks. Seam together back and fronts at the single notch seam. The combination should be tried on to get an easy fit. The legs are seamed from the double notches to the lower edge. The fronts are seamed together for about six inches from the double notch upwards. The front edges are then protected by stitched straps, which hold the buttonholes and small buttons. The backs have wide false hems added, from the top edge to the double notch. Then the top edges are gathered into the back as far as the double notch, these seams being protected by a stitched longcloth band, which also covers the tops of the wide false hems which lap well over each other. Neck is finished with a band yoke worked with slots to hold the ribbon runner, edged with lace, to match Nos. 5571 and 5572. The legs are tucked (tucks wheelmarked), and are arranged into a ribbon-threaded band, to which the leg frill is gathered (edged with lace and tucked to flat pattern).

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Coffee Coat of White Silk Muslin.

No. 5576, **Page 12.** A capital renovation for a plainly cut evening bodice of satin or silk. The unlined coat consists of a back, two sides, and two fronts (tucked on shoulders, tucks wheelmarked on front pattern), a tucked vest. The unlined one-piece sleeve is ruffled on a ribbon up the seam. The tucked vest is arranged into a lace yoke, and lace appliqués trim the fronts, basques, and cuff. 44-inch muslin, 3½ yards. The cuff must be laid on silk to give it substance.

No. 5600. The New Redingote Coat.

For Description see Pages 30 to 34.

Price of Coat or Skirt Patterns, each 1s. 0½d., *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

Dinner Coat of Brocade.

No. 5577, **Page 12.** To wear with an evening skirt of silk, chiffon over silk, &c., of harmonizing tone. A back, four sides, 2 fronts, and a puff sleeve of broché. The lining of vest and sleeve is given in the pattern. Line with soft silk. Silk faces the double revers and the stiffened cuff. A lace drapery, forming a sort of collar, also covers the vest lining. Belt of the plain satin or silk which forms the skirt. 22-inch brocade, 6 yards. Send to the Holborn Silk Market (Holborn Bars, E.C.) for patterns.

A Beautiful Evening Wrap.

No. 5578, **Page 12.** Full fronts and full back (made up of breadths of double-width Oriental satin, lined with silk) are gathered into a lined and stiffened yoke of satin, embroidered with silk or with medalions of lace. Pleated fichu drapery of black chiffon or net, with black satin bow. Large sleeve with embroidered cuff and lace frill. Double-width satin, 7 yards.

A Pretty Net Blouse.

No. 5579, **Page 12.** A back, two fronts, a tucked vest, a puff sleeve. The sleeve is lined (with muslin or net). Lace sleeve frill. A ruche of net edges the pretty fichu pélerine. Velvet bows. 29-inch net, 6 yards.

Smart Autumn Wrap Coat.

No. 5580, **Page 14.** For day or evening wear. Of Pirle-finished putty cloth, trimmed with white silk braid. Line with white silk cut on coat pattern, but seamed apart, the edges slipstitched to the coat edges, which are herring-boned over a band of lino. The pattern is in six pieces (half the coat); one back, one front, the upper and under of one sleeve, one cuff, half the collar. Lay the pattern pieces on 7 yards of 54-inch cloth, which is opened out and is double, so that each piece is cut in duplicate. The lacking half of collar is marked out on the single material. Tack together fronts and backs; try on. Stitch, press, and bind the seams. Braid the edge, collar facing, and cuff. A band of lino should be slipped between lining and cloth for support. Sew down the left front large pearl buttons. A small braid sewn down right front forms loops. Face collar with the braided material. Stitch collar to the neck of coat, and fell the facing over the seam. Seam the sleeve, line it, and put on the cuff. Gather the sleeve top into the armhole, try on, stitch in the sleeve, and fell coat lining over the seam.

Elegant Sacque Coat for the late Autumn and Winter.

No. 5581, **Page 14.** Good model for Pirle-finished box-cloth. Face with cloth the fronts, to support the buttons and buttonholes. This facing is cut on the front pattern. The pattern is in five pieces (half the coat); one back, one double-breasted front, one sleeve, one cuff, half the collar. Lay pattern pieces on 5 yards of 54-inch coating, which is opened out and is double, each piece being cut in duplicate. The lacking half of collar is marked out on the single material. Tack together fronts and backs; try on. Stitch and press the seams. Sew together inside-out fronts and facings; reverse in proper position, and stitch down outer edges. A band of lino should be slipped in to support facings. Cut a lining in silk on coat pattern, seam and press it, slipstitched to coat edge and coat facings. Hem the lower edge of coat. Sew down left front large pearl buttons, and make buttonholes down the right front. Face stiffened collar with ermine. Stitch collar to the neck of coat, and fell the facing over the seam. Put on the sleeve the fur faced, stiffened cuff. Stitch in the sleeve, and fell coat lining over the seam. Rich galon and tassels form shoulder straps.

A Smart Mantle of Pirle-finished Coating.

No. 5582, **Page 14.** Can be used as a travelling or rain cloak, or as an evening wrap. Good model for Pirle-finished serge or coating. The garment can be unlined but for a facing inside the fronts to support the buttons and buttonholes. This facing is cut on the front pattern. The pattern is in four pieces (half the coat); one back, one front (cut with revers), one tucked sleeve (tucks wheelmarked on pattern), half the collar. Lay pattern pieces on 7 yards of 54-inch serge, which is opened out and is double, each piece being cut in duplicate. The lacking half of collar is marked out on the single material. Tack together fronts, sleeves, and backs; try on. Stitch, press, and bind the seams. Sew together inside-out fronts and facings; reverse in proper position, and stitch down outer edges. A band of lino should be slipped in to support facings. Hem or bind the inside edges of facings. Hem and stitch (over lino) in several rows the lower edge of coat. Sew down the fronts large pearl buttons. Face collar with the material. Stitch collar to the neck of coat, and fell the facing over the seam. Tuck, seam, and stitch the sleeve. Decorate tucks with small buttons. Stitch in the sleeve and bind the seam.

Smart Tricorne Hat.

No. 5583, **Page 15.** The new shape, of felt or velvet, trimmed with feathers. Brim can be edged with a silk cord.

A Felt Mushroom Hat.

No. 5584, **Page 15.** A ruche of velvet ribbon encircles the crown. A feather (matching felt) droops on the left. Drapery of velvet under the brim.

"I have only just seen 'Myra's Journal,' and like it so much that I shall continue to take it."—M. Lake, Halliford St., Islington.

"Flop" Hat of Felt.

No. 5585, Page 15. This pretty hat is simply trimmed with a silk ruche and a shaded ostrich feather.

Smart Marquise Hat.

No. 5586. Page 15. Of felt or fine straw, trimmed with a band of velvet and a stuffed bird where the brim is curved in on the left.

A Felt Picture Hat.

No. 5587. Page 15. Of white felt, with draperies of green velvet ribbon and white plumes.

A Pleated Tailor Costume.

No. 5588, Page 16. Excellent model for the lovely B.B. Pirle-Finished Navy Serge, soft and fine, 44 inches wide, 2s, 6d. the yard (send to Best's Dress Goods Co., Bradford, for patterns, carriage for which will be paid both ways). The pattern of pleated skirt is in four pieces—half the pleated front, two pleated sides, pleated back. Back and front are arranged in inverted box-pleats (pleats notched and wheelmarked on pattern). Lay the pattern pieces on 5 yards of 44-inch material. The material is doubled, selvedges meeting, front centre laid on the fold so that it is cut in one piece, the other pieces being cut in duplicate. Tack together front, sides, and back. Arrange the pleats. Try on. Then stitch and press the seams, and stitch down pleats. Hem the lower edge. Make the opening in the left tablier seam. Fell over the edges with glacé silk, and sew on glove-stud fasteners. Bind the top edge. Wear over the five-gore foundation skirt, edged with shaped flounce (pattern in one piece, half the flounce). Smart original coat—a pleated back, two pleated fronts, four sides, a two-piece gigot sleeve, a reefer cuff and collar. Pleats are wheelmarked on pattern. Face fronts with serge (over lino) and close with buttons and buttonholes. Metal buttons. Line with silk, cut on coat pattern, but seamed apart. Collar faced with velvet. Two-piece sleeve, with muslin lining. 44-inch material for coat, 3 yards.

Autumn Tailor Gown.

No. 5589, Page 17. Pretty style for the new tweeds, (send to Best's Dress Goods Co., Bradford, for patterns, carriage for which will be paid both ways.) Five gore skirt, decorated with wide silk braid or velvet ribbon. Skirt can be lined or worn over a five-gore foundation skirt of moirette, edged with a pleating. Smart little coat—a back and two fronts (cut with revers), a double-breasted waistcoat of silk. Velvet or leather belt. Revers collar, faced with braided silk. Coat closes at bust only. One-piece sleeve gathered on to a smaller lining, with stiffened cuff, faced like collar. Line coat with thinner silk cut on coat pattern, but seamed apart. Waistcoat should be interlined to give firmness. Quantity of 48-inch material, 6 yards.

A Strapped Tailor Gown.

No. 5590, Page 17. Five-gore foundation skirt of lining silk, or moirette, edged with a pleating. Five-gore full skirt of double-width fine cloth, tucked to fit hips (tucks wheelmarked on pattern), made quite apart. Tablier has lapped seams. Sides and backs are trimmed with stitched bias bands. Cut a coat lining with back, four sides, two waistcoat fronts, to hook down front centre. Added tucked bolero fronts (tucks wheelmarked) edged with a shaped band. Tack, fit. Veil waistcoat fronts with embroidered silk or broché, the rest with the skirt material. Stitch the seams. Close fronts with hooks and eyes. Line with silk cut on coat pattern, but seamed apart. The lower part of coat should be stiffened. Face collar with velvet. A sleeve of the skirt material is draped on a lining sleeve, finished with velvet-faced cuff and lace frills. Belt of velvet ribbon supported on bones. Quantity of 48-inch material, 7 yards; silk, 1 yard; 20-inch velvet, 1 yard.

A Princess Dinner Gown.

No. 5592, Page 22. Low-necked princess dress cut in lining and rich silk—two backs, four sides, a 3-piece front. Close on left of centre panel. Cover the invisible hem with a silk frill. The gown can be unlined below hip. Bone with care. Trim neck with handsome lace, a chiffon drapery, and silk revers. Close with hooks and eyes. One-piece sleeve, mounted on a strap armlet. 22-inch silk, 16 yards. Hem should be interlined with lino.

A Black Taffetas Dinner Gown.

No. 5593, Page 22. Five-gore foundation skirt of silk or moirette, edged with a pleating. Five-gore full skirt of double-width taffetas (send to the Holborn Silk Market, Holborn Bars, E.C., for patterns), made quite apart, pleated into the waist. Trim with added tucks, cross-cut doubled bands. Cut a low bodice lining with back, four sides, two fronts, to close down the front centre. Tack, fit, seam, bone, leaving only the side and shoulder seams. Veil with a tucked vest of white satin, with a back and two fronts of black taffetas, falling semi-loose over a draped belt of white satin, arranged on the boned lining. Finish the seams. A puff sleeve of the material is pleated on a lining sleeve, edged with shaped sleeve frill. Two shaped frills trim the neck. Lace edges the neck, coat fronts and back and sleeve frill. 42-inch taffetas, 8 yards.

Pretty Dance Frock of Silk Muslin.

No. 5594, Page 22. Five-gore foundation skirt of mercerised "Silvasheen," edged with a shaped flounce tucked to flat pattern (pattern in one piece, half the flounce). Overskirt (seven breadths) of muslin, made quite apart, pleated or gathered into the waist. Skirt closes at back. Cut in the foundation material a bodice lining, back, four side pieces, two fronts, to close down the front centre. Tack, fit, seam, leaving only the side seams. Veil with a back and two fronts of muslin. Bodice closes with hooks and worked eyelet holes under the fichu drapery of muslin, edged with lace. Finish the seams before the drapery is arranged. Shaped boned belt of satin. Lace frill sleeve. 44-inch material, 7 yards. For patterns of Silvasheen (7½d., 30-inches wide), send to Christopher Williamson, Desk 10, 91, Edgware Road, London, W.

Evening Cape of Pastel Cloth.

No. 5595, Page 22. A round cape, seamed up the back. It is lined with thin domet covered with taffetas or glacé silk of the cloth colour. Pretty simple model. Pélerine of lace. One-piece collar faced with velvet, and velvet stole bands down the front. Ornaments of silk or chenille. 54-inch cloth, 3 yards.

Evening Wrap of Fine Cashmere or Satin.

No. 5596, Page 23. A back and two fronts gathered to fit the shoulder of back. Line with thin silk before gathering. The edge is stiffened with an interlining of canvas which holds the hooks

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MISCELLANEOUS.

DOLL'S HOSPITAL.—All kinds of repairing: heads, arms, legs, wigs, or anything; goods by post receive every attention.—16, Dawes Rd., Walham Green, London, S.W.

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Handsome knitted CHILD'S CARRIAGE RUG, 5s. 6d. Pretty Bedroom slippers, 2s. 6d., size 4. M3533

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PILLOW LACEMAKER'S BOBBINS. —For disposal, lot wood and bon bobbins; also several bobbins in copper, pewter, and brass, and several bone and wood "window"; very rare.—Burton, Ermine Street, Huntingdon.

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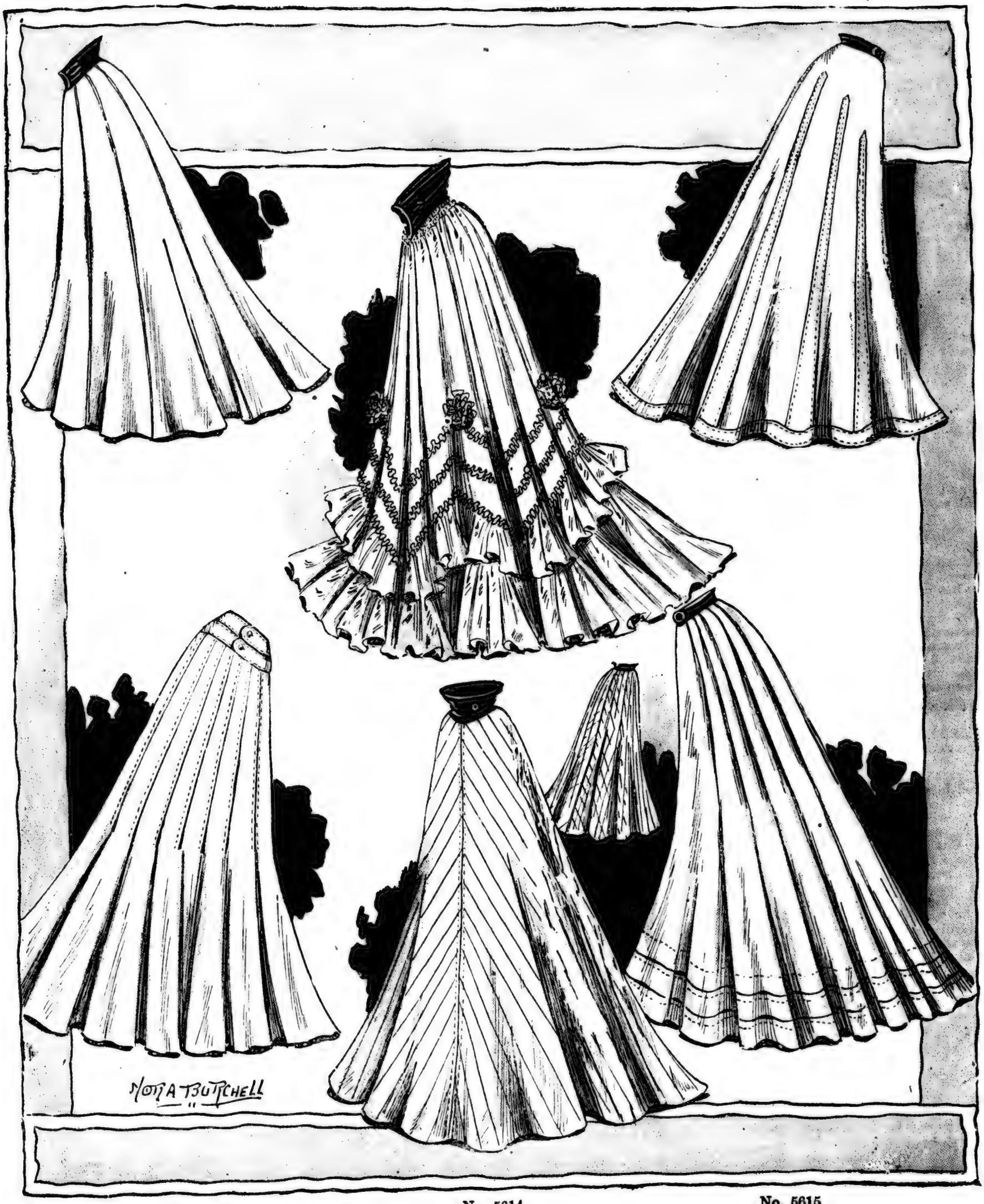
No. 5610 No. 5611 No. 5612



No. 5613 No. 5614 No. 5615

FASHIONABLE SKIRTS FOR AUTUMN WEAR.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Pleated or Tucked Skirts, each 1s. 0½d.; *Skirts, or Foundation Skirts, each* 6½d., *post free of* Mamame Myra, *10 and 11, Fetter Lane. E.C.*

and eyes and supports the ermine collar and stole bands. One-piece gathered sleeve with big shaped cuff finished with ermine and a lace frill. 46-inch cashmere, 6 yards.

Simple Evening Gown of Crêpe de Chine or Taffetas.

No. 5597, **Page 23.** Five-gore foundation skirt of silk moirette or silk, edged with a shaped flounce tucked to flat pattern (pattern in one piece, half the flounce). Overskirt (seven breadths) of 42-inch taffetas, pleated into the waist. Decorate with bands of lace, edged with taffetas frills and ended in front with ribbon bows. Cut in silk or mercerised cotton a bodice lining: back, four sides, a left front, a double right front, to fasten down front centre, then cross to hook under the left arm. Tack, fit, seam, leaving only the side seams. Veil with a back and two tucked fronts of the taffetas. Lace yoke-piece. One-piece puffed elbow sleeve, on a smaller lining, tucked into shoulder (tucks wheelmarked) with ruche-edged lace band. For taffetas patterns send to the Holborn Silk Market, Holborn Bars, E.C. They have double-width taffetas at various prices. Draped belt. 42-inch material, 9 yards.

Dinner Gown of Spotted Voile.

No. 5598, **Page 23.** Seven-gore skirt, sides and back gathered or pleated into the waist. Front is cut longer, to drape, the skirt closing at back. The top of skirt is bound with ribbon. Trim with lace insertion arranged in crossed curves. Skirt is quite apart from the five-gore foundation skirt, which is finished with a corded shaped flounce to support the overskirt. Bodice lining with three-piece front, on which is arranged a gathered vest, a back and two crossed fronts. Full sleeve gathered on a smaller lining. Draped taffetas belt supported on bones. Fichu frills of the spotted material, hemmed with ribbon matching belt. 46-inch material, 7 yards. For spotted voile, send to Best's Dress Goods Co., Bradford, who will pay carriage of patterns both ways.

A Velvet Dinner Gown.

No. 5599, **Page 23.** A nine-gore skirt, silk lined, the edge well stiffened and edged with fur. Cut a bodice lining with double left front, to hook to left front down centre, then cross to fasten under left arm. Veil side-pieces of front with with velvet. Tack, fit, seam, bone, leaving side and shoulder seams. Veil with a double front and back of velvet. Bodice is carefully boned. Lace bolero back and fronts, with satin faced revers and draperies of chiffon, which pass over shoulder. One-piece velvet sleeve on a smaller lining, mounted on a strap armlet. 20-inch velvet, 18 yards.

Charming Tea-gown of B.B. Crêpe de Chine.

No. 5600, **Page 25.** Five-gore foundation skirt of silk or silk moirette, edged with a pleated flounce. Overskirt (five breadths) of B.B. double-width Crêpe de Chine, made quite apart, pleated or gathered into the waist. Trim with rows of lace and two crêpe de chine cross-cut frills, edged with lace. Send for patterns to Best's Dress Goods Co., Bradford, who will pay carriage of patterns both ways. Cut a bodice lining, back, four sides, a three-piece front to hook on left of centre panel. Tack, fit, seam, leaving only the side seams. Veil with a back and two draped fronts of the skirt material. Finish the seams. At the top is mounted a lace yoke, which holds the handsome lace-trimmed shaped frill or pélerine. One-piece sleeve, gathered on a smaller lining, finished with a double shaped frill trimmed with lace. 44-inch material, 7 yards.

A Transparent Over-dress for a Tea-gown.

No. 5601, **Page 25.** An excellent renovation for a white silk ball gown. Veil the front with a width of spotted cream net. The separate over-dress is of black double-width point d'esprit net—a full back, two sides and two full fronts gathered on a yoke of white silk lining (a back and two fronts) which is hidden by the lace collar (edged with cream net pleated frill). A rosette of white ribbon with long ends clasps the fronts to the under-dress. Puff sleeve, lined white, with frill edged lace band. 45-inch net, black 6 yards, cream 1½ yards.

Pretty Bridge Frock or Tea-gown of Fine B.B. Cashmere.

No. 5602, **Page 25.** Five-gore foundation skirt of silk or silk moirette, edged with a pleated flounce. Overskirt (five breadths) of B.B. cashmere in a soft blue shade, made quite apart, the edge tucked to flat pattern, the top eased into the waist. Cut a bodice lining, back, four sides, a three-piece front to hook on left of centre panel, which has the top veiled with a pretty full vest of spotted net over white silk. Tack, fit, seam, leaving only the side seams. Veil with a back and two crossed fronts of the cashmere. Finish the seams. Band collar of the net (draped to flat pattern). Collar of embroidered white silk edged with a silk pleating, with tie of white ribbon crossing in front. One-piece sleeve, gathered on a smaller lining, trimmed with embroidered cuff, edged with two silk frills. Draped belt of the white silk. 46-inch material, 7 yards.

Original Tailor Costume of Teignmouth Suiting.

No. 5606, **Page 30.** Seven-gore skirt, lined, with lapped seams and broad hem. 50-inch material 4½ yards. Can be unlined, worn over a moirette foundation skirt. Redingote coat of the tweed. The pattern is in eight pieces (half the coat): half the back, two side pieces, one single-breasted front, half the collar, the upper and under of one sleeve, one cuff. Lay the pattern pieces on 3 yards of 50-inch material, which is doubled (selvedges meeting), so that the pattern pieces are cut in duplicate. Tack together back, sides, and fronts of coat. Try on. Stitch and press the seams. Fronts are stiffened, and are faced with the tweed (showing in revers). Buttonholes are made in right front, and metal buttons sewn down both fronts. Cut the silk lining on the coat pattern. Seam and press it. Tack it in place, and slipstitch the turned edges over the coat edges. The collar is stiffened and faced with velvet, the facing felled over the neck seam. The sleeve is large at the shoulder. It is decorated at the wrist with a stiffened velvet-faced cuff, and is lined (lining seamed apart). It is pleated and stitched into the armhole, and the sleeve lining is felled over the seam. For patterns of Teignmouth Suiting (2/4 the yard), send to Lewis's, Market Street, Manchester.

Tailor Gown of Fine Face Cloth.

No. 5607, **Page 30.** Three-piece bell skirt, unlined, the hem stiffened to stand out well. There is an inverted box-pleat at back. 48-inch serge, 4½ yards. Wear over a moirette foundation skirt. Coat of the cloth. The pattern is in seven pieces (half the coat)—half the back, one side piece, two fronts, half the basque, half the collar, one sleeve, one cuff. The fronts close with buttons. Lay the pattern pieces on 3½ yards of 48-inch material, which is doubled (selvedges meeting), back centre of collar and back patterns laid on the fold, so that each is cut in one piece, the other pattern pieces being cut in duplicate. The basque forms an inverted box-pleat at the back. Face revers and tack together back, sides, and four fronts of coat. Try on. Stitch and press the seams. Fronts and collar are stiffened and faced with rich silk. Trim with cord passementerie. Cut the silk lining on the coat pattern. Seam and press it. Tack it in place, and slipstitch the turned edges over the coat edges. The sleeve is large. It is pleated at the wrist with the stiffened, silk-faced cuff. Is is lined (lining seamed apart).

The New Redingote Coat.

No. 5609, **Page 34.** Suitable also for any of the new face cloths. Looks very well in white. The pattern of skirt is in four pieces—half the front, two pleated sides, one pleated back (pleats notched and wheelmarked on pattern). Lay the pattern pieces on 4¾ yards of 48-inch material. The material is doubled, selvedges meeting, front centre laid on the fold so that it is cut in one piece, the other pieces being cut in duplicate. Where breadths are too wide, added corners must be seamed up the selvedges. Tack together front, sides, and backs. Arrange the pleats. Try on. Then stitch and press the seams. Secure the pleats half way down. Wear over the five-gore foundation skirt, with shaped flounce (pattern in one piece, half the flounce). The pleated skirt of the redingote, open in front, cut in four breadths, have the pleats wheelmarked on pattern. This skirt or basque is unlined. The front edge (added beneath a pleat) is in one with the front centre of coat part, and the pleated back is also cut with coat part. Coat of the material—a long-pleated back, four sides, two fronts, two added fronts (in one with basque). Fronts are tucked (tucks wheelmarked on pattern). Coat joins pleated basque with a stiffened and stitched belt. Embroider fronts with mauve chenille or velvet applications. Collar of the cloth faced with mauve velvet. One-piece sleeve with smaller lining and stiffened cuff faced with velvet. Metal buttons. Line coat with silk or satin, cut on the coat pattern, but seamed apart. 48-in. material, 5 yards.

Smart Nine-Gore Skirt.

No. 5610, **Page 35.** The pattern is in five pieces—half the front, three sides, one back. Lay the pattern pieces on 5 yards of 42-inch tweed, which is doubled in half (selvedges meeting), the front centre of front pattern laid along the fold, so that it is cut in one piece, the other pieces being cut in duplicate. The half-width (the most economical method) is not wide enough to take the whole of side and back breadths, so that added corners must be seamed up the selvedges. It is not advisable to put an added corner on a side breadth, but these can be very small, and can be wholly concealed by stitching the hem. Seam on the added corners and press the seams. Lap or pipe the seams. Tack together backs, sides, and front. Try on, making the opening in the left tablier seam. Stitch and press the seams. Cut a lining of fine linenette on the skirt pattern, lined to match the fitted skirt. Seam and press it. Tack it in place and firmly interline the hem. Fell the lining over the opening edges, put on glove-stud skirt tape, bind the top edge, and close with two hooks and eyes. Insert the pocket in the left opening. Turn up the skirt, hem over the lining, and either fell it over the lining or stitch it down firmly in several rows. This is a capital model for Lewis's new "Crawford" Tweed, 42 inches wide, only 1/9 the yard. Send for pattens to Lewis's, Market Street, Manchester.

A Graceful Evening Skirt.

No. 5611, **Page 35.** On a five-gore foundation of silk or moirette, edged with a gathered cross-cut flounce (very full) of Jap silk, mount a seven-gore full over-skirt of the silk, gathered on the foundation and edged with a cross-cut frill. Decorate with ribbon passementerie and bows. 21-inch Jap silk, 12 yards.

A Smart One-piece Skirt.

No. 5612, **Page 35.** Good model for firm cloth. (Messrs. Samuel Lewis, the Holborn Silk Market, Holborn Bars, E.C., have an excellent firm grey mixture tweed for the purpose at 1s. 6½d. the yard, 44 inches wide). Added corners must be seamed up the selvedges at the back. The coat is beautifully strapped for ornament with dark grey taffetas to match. The pattern of the longest strap is given, the others cut on it, but shorter (pleat up the middle of pattern, but do not remove anything from base or tapering point). Hem strap is cut on skirt pattern. Line firmly (especially hem) and close at back. 44-inch material, 4½ yards; 22-inch glacé, 4 yards.

Pleated Skirt with Strap Yoke.

No. 5613, **Page 35.** Good model for tweed, coating, or serge. The pattern is in six pieces—one pleated front, one pleated back, one pleated side, half the lining yoke, two straps for yoke. The skirt cuts more economically out of serge, or any material which has no distinct up-and-down to interfere with reversing the breadths. Lay the pattern pieces on 5½ yards of 48-inch material, which is folded (selvedges meeting), the front centre of front pattern laid along the fold, so that it is cut in a single piece, the side and back being cut in duplicate. The pleats are wheelmarked on the pattern. The lining yoke is covered with stitched straps of serge. Tack together backs, sides, and front according to the notches. Arrange the pleats into yoke and try on. Stitch and press the seams, leaving free 10 inches of the side seam for an opening. Hem the skirt. Stitch down the pleats to a depth diminishing towards the back. Yoke straps close with buttons and buttonholes. The top edge is bound, and the opening is finished with felled and stitched straps of silk. It can close with buttons or with glove stud skirt tapes. The pocket is inserted in this opening. Only line hem and yoke. Wear over the five-gore foundation skirt edged with a stiffened shaped flounce.

A Striped Bell Skirt.

No. 5614, **Page 35.** Full directions how to make this will be found on page 28.

A Smart Pleated Skirt.

No. 5615, **Page 35.** Suitable also for any of the hand some B.B. autumn tweeds. The pattern of pleated skirt is in four pieces—half the front, two pleated sides, half the pleated back (pleats wheelmarked on pattern). Lay the pattern pieces on 5½ yards of 48-inch material. The material is doubled, selvedges meeting, front and back centres laid on the fold so that each is cut in one piece, the other pieces being cut in duplicate. Tack together front, sides, and back. Arrange the pleats. Try on. Then stitch and press the seams, and secure half way down the pleats. Hem the lower edge. Make the opening in the left tablier seam. Fell over the edges with glacé silk, and sew on glove-stud fasteners. Bind the top edge. Wear over the five-gore foundation skirt, edged with flounce (pattern in one piece, half the flounce)

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"HAIR-PIN" DOYLEY, WORKED IN PERI LUSTA THREAD.

THIS pretty doyley is worked in Peri-Lusta Tatting Thread, size 20, with a cork handle crochet hook, size 5, and a steel 1½-inch fork. In the doyley there are three pieces of hair-pin work. The centre piece consists of 40 loops on each side of the fork, the second piece has 120 loops, and the third piece 260 loops. All these pieces should begin and finish with a 3 or 4 inch tag of the Peri-Lusta Thread.

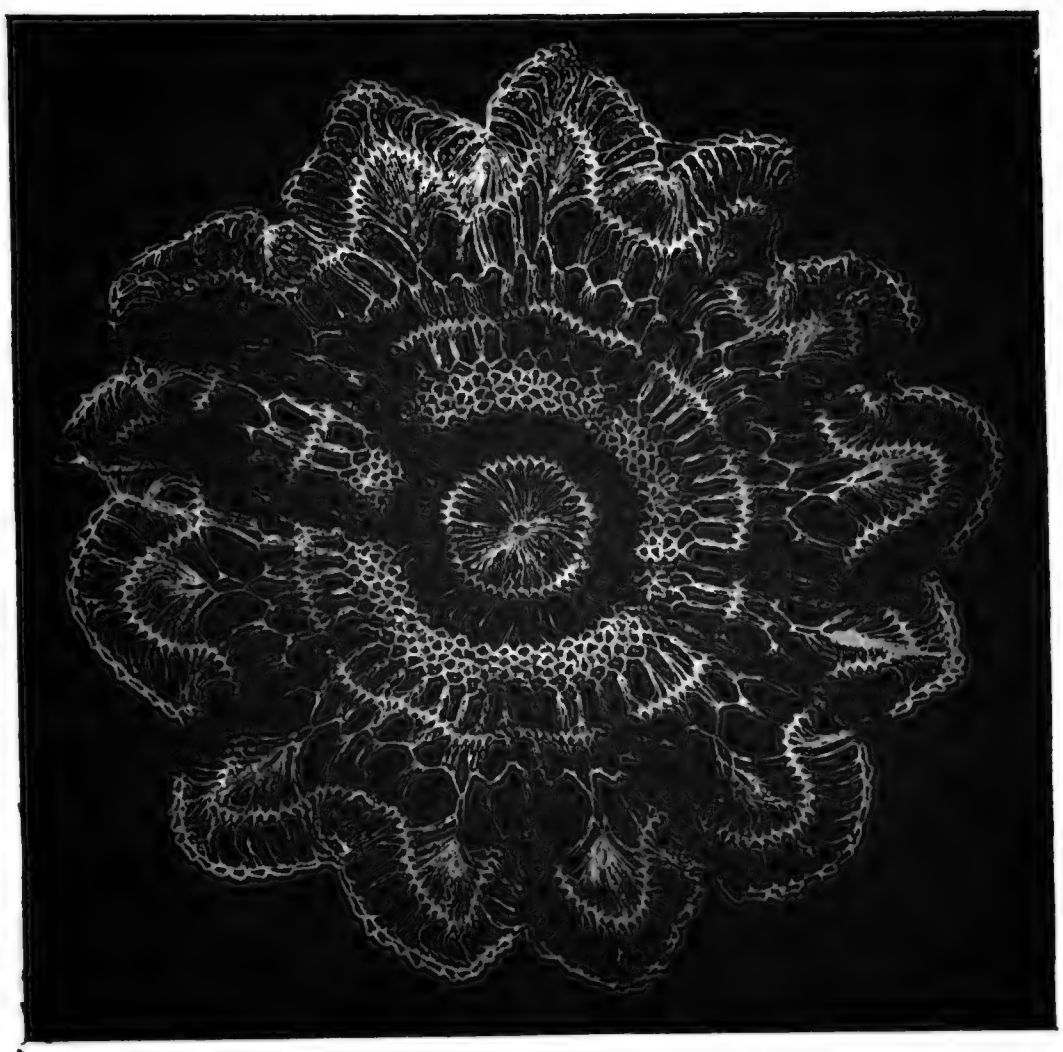
Take the first piece of hairpin work, thread the needle with one tag, and sew the central rib of the work to form a ring, use the other tag to gather up the forty inner loops for the centre of the doyley, and secure the thread round the loops on the outside, work three rows of crochet.

1st row.—*1 treble in 1st loop, 3 chain, 1 tr. in same loop, 1 tr. in 2nd loop, 3 ch., 1 tr. in the same, continue from * all round the doyley.

2nd and 3rd rows.—Same as 1st row.

Take the 2nd piece of hair-pin work, join in a circle, * do 1 double crochet under a hole of 3rd row, 3 ch., 1 d. crochet, taking 3 loops together of the 2nd piece of hair-pin work, repeat from * all round the doyley.

Take the 3rd piece of hair-pin work and unite to the 2nd piece, * work 1 d. crochet in 3 consecutive loops of 2nd piece; 3 ch., 1 d. crochet in each of 3 loops of 3rd piece; 3 ch., and repeat from * twice, 1 d. crochet in 3 consecutive loops of 2nd piece; 9 ch., 1 d. crochet in each of 2 loops of the 3rd piece; 3 ch., 1 d. crochet in each of the next 16 loops, join these d. crochets into a ring by working 1 d. crochet into the ch. which stands next to the 1st of them; 3 ch., 1 d. crochet in each of the 2 following loops; 3 ch., 1 d. crochet in the corresponding stitch of the long ch. stem; 5 ch., and now revert to * and repeat the same all round the doyley.



For the edge, 1st row. — O. Work 1 d. crochet in each of the 16 loops that stand in the hollow of the scallop, and join these in a ring; * 3 ch., 1 d. crochet in next loop, repeat round the scallop, then repeat from O all round the doyley. 2nd row.—1 d. crochet under 3 ch. of last row; 3 ch., 1 d. crochet under the next 3 ch., and so on round the doyley.

The beautiful Peri-Lusta Threads for embroidery, crochet, tatting, etc., can be had at all Berlin wool shops and drapers' fancy wool departments. The coarser threads for embroidery are equal to silk in gloss, colour and durability, and are considerably cheaper.

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B & A

Health and Beauty.

Personal Appearance.

HOW TO MAKE IT MORE ATTRACTIVE.

By Mistress Anne Page.

EXERCISES THAT BEAUTIFY.

(Continued from our September issue.)

IT has been said, and I am afraid it is universally thought, that "It is almost as well to be out of the world as out of the fashion." And yet Fashion is such a fickle jade! It seems such a short time ago since we began to enjoy the freedom of the blouse that allowed us to have a waist of classic proportions. But that blouse, worn over a "straight-fronted" corset, and tucked in under the skirt, pulled together with a belt, and then pouched out again so that no one could tell the size of the waist under it, has gone, and once more the dress bodice has to be of the same colour, if not actually of the same material, as the skirt, outside of which it must now be worn, finished, it is true, by a so-called "belt," but having not a vestige of the friendly pouch! Such is Fashion's decree at the moment.

And so the waist must be defined, and very trim, and rather small, and though the "H.S." corsets give us the length that helps to simulate slimness, we must really get this by systematic physical exercise.

Ten minutes' exercise before the morning bath, and again after the corsets are removed at night, or twenty minutes exactly midway between breakfast and luncheon, every day, will make the most wonderful improvement in health, in the nervous system, and in the figure, and it will also be found that the complexion has improved in the same ratio, because the systematic action of all the voluntary muscles in turn, especially in the fresh air, has the effect of purifying and enriching the blood.

Exercises for beauty and gracefulness for their object, as well as those directly for health, must invariably begin with the one known as "Proper breathing." So:—

(1) Open the window widely, but shut the door, so that, while having the benefit of all the possible fresh air, you may not stand in a draught. Open the top part with your uplifted arms, and without the aid of a stool or chair (even this little exercise will in time help to make the upper figure more elegant), then stand in as graceful a position as you can, lightly clasp your hands in front, close your lips, and take as deep an inspiration of that fresh morning air as you can through your nostrils. Hold that breath in your lungs as long as you comfortably can, then exhale it through slightly parted lips, slowly and evenly. Do this ten times. The air you inhaled was cool and pure, and the longer you can hold it the more will remain in your air-cells; that which you exhale will be hot, and will carry out with it much that is impure. Hence the value of "proper" breathing.

(2) Put your heels together, and keep your legs straight and your knees rigid, while you bend your body at the waist forward and downward as far as you can, ten times, bringing it up, and into the erect position, and then bending it backwards as far as you can make it go each time. Do this very gently and slowly, so as to exercise the muscles of the abdomen and back.

(3) Go to the window and breathe properly three times, then stand as in exercise 2, and bend your body at the waist, first to the left and then to the right alternately twenty times. Some of my older readers, or those whose occupations compel them to sit for many hours every day, will find these two exercises most helpful to them, and that they will correct constipation almost better than any drug.

(To be continued in our next.)

ANSWERS TO CORRESPONDENTS.

All Letters to be addressed to "Mistress Anne Page, Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Myra's Friend.—I am so glad to know that during all these years that you have regularly taken Myra's Journal you have found it so very useful a friend to you in such a variety of ways. I hope you will bring it under the notice of your lady acquaintances. In answer to your question, the following treatment will keep your hair in nice condition and prevent it turning grey:—Get from Mr. Mason, 25, Bank Plain, Norwich, a bottle of his "Egg Emulsion for the Hair" (3s. 6d.), and with two tablespoonfuls of this and some soft water, well shampoo your hair at the end of every third week. Get from the same chemist a jar of his "Petrolate of Sulphur for Nourishing the Hair and Preventing Greyness" (2s. 6d.), and on alternate days for a month, and then twice a week regularly, rub a little of this into as many partings as you can make on your head.

Rosebloom.—There is an excellent "Beauty Pencil" sold for 9d., by Mme. Cross, Dept. M.J., 184 and 186, Regent Street, London, W., that will darken your eyelashes and your eyebrows immediately, without doing them the least harm. The effect of such darkening is to make the eyes look darker and bigger. A slight trace of "Rose Bloom," sold by the same Mme. Cross for 1s. 6d. a bottle, put on your cheek bones, will heighten the same effects, and also make the eyes look most brilliant and sparkling.

Eva.—In reply to your question as to whether Electrolysis is painful, and if the operation scars the skin, I am glad to tell you, that if you have the superfluous hair removed from your face by such a thoroughly skilful operator as Mrs. Earle, of 92, Bold Street, Liverpool, or her daughter, Miss Marie Earle, of 30, King Street, Manchester, both hospital trained, and both having the latest appliances known to electrical science, complete success will be assured. After patient research they have found a method of rendering the operation quite painless, and they possess so much patience, judgment, and knowledge that they never scar the skin even of the most sensitive. The fee for each sitting, which usually lasts about half an hour, and in which some thirty hairs can be removed, is 10s. 6d. at either of the above addresses, and the hairs so removed cannot possibly grow again. I shall be pleased to hear from you whenever you care to write to me.

Lean Lizzie.—You are drinking far too much tea, and would be wise to give this beverage up altogether for the present, and to take "Epps's Cocoa" made with milk instead. You should for breakfast have porridge of "Plasmon Creamy Oats," and eat this with "Glebe Golden Syrup," which is so pure and good for the health, and instead of eating white bread that is not nourishing, you should have Dr.. Allinson's Wholemeal Bread, in which you will get a great deal of nutriment. Vegetables of all sorts are good for you, especially French beans, haricot beans, peas, potatoes, and parsnips. Do not eat much red meat, but you can eat cheese with advantage, especially if you grate it, or have it made into puddings, with eggs or maccaroni, or both. I shall be glad to help you with practical suggestions at any time, and I hope to be able to accede to your request for another series of articles on "foods," and their value in personal appearance, shortly.

Aunt Mary.—Eczema is a most troublesome complaint to get out of the system. You must avoid every food that is salted, ham, bacon, Finnon haddies, bloaters, and so on, and never touch lobster, crab, shrimps, cockles, mussels, and things of that class. Take a course of Clarke's Blood Mixture (you can get this at your local chemist's), and for soothing and healing outward application to the affected skin use at night "Mason's Cream of Sulphur" (letting this remain in contact all night, by putting a bandage on where possible), and in the morning, and during the day, cleanse and cool the skin with "Mason's Cydonia Cream." These two specialities can only be obtained from Mr. Mason, 25, Bank Plain, Norwich, they cost 2s. 9d. each, and are very well worth it.

Buster Brown.—As you are only too stout in your bust, and a few inches too big in the waist, you should not take any reducer, as that would slim you all over. Your best plan will be to wear the "Zobeide Reducing Corselette" invented by Mrs. Maine, 8, Hanover Street, Hanover Square, London, W., which will go under your corset, and do its work speedily without your taking any trouble at all.

(*For some further Answers see page 42.*)

"I have used 'Myra' for nearly nine years, and find it the best of all dressmaking journals."—M. M

Shopping by Post.

NEW AUTUMN MATERIALS AT MESSRS. SAMUEL LEWIS & CO.'S.

WHEN writing to Messrs. Samuel Lewis (The Holborn Silk Market, Holborn Bars, E.C.) for patterns of their lovely silks, a request should be added for patterns of their autumn woollen materials, blouse fabrics, and linings, which are excellent. They have a beautiful coating, 50 inches wide—the Duchesse Sedan coating—at 3s. 6¾d.—a very low price for a wide coating. The colours are beautiful, and include the new purple, brown, and deep blue. The wool habit cloths are only 1s. 11½d., 41 inches wide, lustrous of surface, in the new autumn and winter shades. I may say that the girl or woman of modest pin-money, who will not dare to look at the higher priced cloths at Messrs. Samuel Lewis's, can take heart of grace when she looks at some of the cheaper patterns and sees what smart and handsome double-width tweeds and cloths the modest price of from 1s. 6½d. to 1s. 11½d. can secure for her. Good tweed mixtures, fanciful *chevron* cloths, fancy tweeds, fancy homespuns, new coatings, &c., can be had at this price of excellent quality. The embroidered Venetian cloths at 2s. 4½d. are beautiful, and there are excellent frieze serges at the same price. The new thin, lustrous green habit cloths are from 1s. 11½d., shrunk and Pirle-finished, and therefore fitted to face inclement autumn weather. A note should certainly be made of these. There is a fine range of shrunk navy serges from 1s. 3d½d. the yard.

The fancy Indian cashmeres, embroidered in brighter shades than the ground colour, would make excellent indoor gowns or blouses. Messrs. Samuel Lewis have a large stock of special blouse fabrics, to meet the demand for woollen blouses other than flannel, which is so marked this autumn. The fancy blouse coatings (1s. 7¾d., 27 inches wide) have bold lozenge patterns on a crépon-like ground very effective. The mousseline de laines can be had in pale or dark shades, and great variety of patterns, from 1s. 2¾d., 28-30 inches wide. The new blouse serge (1s. 4¾d., 29 inches) is very pretty, the design of delicate blue, the ground white. There is no end of this most useful and attractive series of fabrics. Broad tartan fabrics, for autumn and winter blouses, cost only 1s. 11½d. the yard, 42 inches wide.

Messrs. Samuel Lewis's new linings and foundation materials should be noted. Nowhere can cheaper and better foundation silks be had, but these mercerised and other fabrics are cheaper still, and serve admirably beneath silk muslin, net, &c. There is a foundation lining just like satin, 30 inches wide, in all the new shades, and only 6¾d. the yard. A splendid new foundation fabric like moirette, in beautiful colours, costs 9¾d., 42 inches wide. The shades are lovely—dark or light. Excellent linenettes are to be had at 6¾d., 44 inches. Be sure not to forget these linings in asking for patterns.

The correspondence on "Thriftless Wives," lately appearing in the columns of a noted daily paper, seems to show that the average housewife will not take the trouble to vary her menu and tempt the appetites of those for whom she caters. Yet treasures are ready to her hand. Very few modern wives have the time or inclination patiently to use the jelly bag, and turn what the uninitiated call raw sweet into a delicious sweet dish. There is no need, indeed, when they can get a quickly-prepared jelly like the "Keenora," which, in any desired flavour, can be turned out in a few minutes at the price of 3½d. the pint. The ingredients of the Keenora Hasty Table Jelly are pure and wholesome. All grocers and stores will supply packets of Keenora Jelly Powder, but if there is any trouble in getting them, those desirous of letting their children taste these dainties should communicate with the Keenora Co., Liverpool. Two one-pint sample packets will be sent post free for 7d.

The family pastry will also show marked improvement if the housewife uses the patent "Keenora" Self-raising Flour. There will be no more stodgy pie-crusts or heavy puddings if they do.

The B.B. serges are undeniably "Bradford's Best," a fact of which Best's Dress Goods Co. may well be proud. Serge is going to be in great demand this autumn, partly no doubt because a bright navy blue—the best colour on the whole for serge—is to be so much to the fore. Best's Dress Goods Co., Bradford, send off a box of patterns by return on application; they send them post free, and pay carriage for the return of the patterns.

One of the most enticing of the B.B. serges is a fine Pirle-finished one, very delicate of texture, and beautiful of surface—just the thing for the new tucked or pleated coat-and-skirt costumes. The price is from 1s. 11d., 44 inches wide. Very handsome coarser ribbed serges, all wool, are from 1s. 11d., 46 inches wide. These are real bargains, and should be seen. The B.B. serges are in great variety, from the finest to the coarsest textures, for children's and ladies' or boys' suits. Most of them are Pirle-finished—a great advantage with these smart, admirably-wearing fabrics

The B.B. face cloths are excellent, many being shrunk and Pirle-finished, from 1s. 9d. They include the new thin, satin-like cloth which is being made up into smart redingote costumes which are a feature of the season's modes. The B.B. plaided and striped tweeds are exceptionally good, and patterns should be sent for. It must not be forgotten that lighter fabrics for indoor or evening wear are also a speciality of Best's Dress Co., whose double-width crêpes de chine, voiles, silk-and-wool fabrics, &c., cannot be surpassed in excellence and moderation of price.

Great attention is being paid to the marking of clothes just now, and various plans are tried. Some try embroidered names or initials in white or red, others try simple marking-ink. But embroidery takes a long time, and it is

CHARMING "ADAPTABLE" GOWN OF LOUIS VELVETEEN.

(*For Description see Page 40.*)

Price of Paper Patterns, Skirt, Foundation Skirt, or Bodice, each 6½d.; Added Vests and Sleeve, each 3½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

January 20.—"Of all the ladies' papers that are published 'Myra' is undoubtedly the very best."—M. H.

not suitable for all articles, while ink is apt to blot—and a blot is fatal to the appearance—and few handwritings nowadays are artistic or legible enough. The wisest people use Cash's Woven Names. These, woven in red or blue on white tapes, can be had in a great choice of plain or fancy letterings, large or small. They are inexpensive, clear, ornamental, and are felled on a garment in a few seconds. A pattern sheet of types of letters, &c., will be sent post free on application by Messrs. J. and J. Cash, Ltd., Coventry.

An excellent place at which to get up-to-date durable autumn and winter fabrics is Mr. Christopher Williamson's, Desk 10, 91, Edgware Road, London, W. He does not occupy himself with the fanciful expensive fabrics which always come out side by side with the staple novelties for good every-day dresses, so that he devotes his attention to the tweeds, serges, hopsacks, &c., required for "tailor-mades" and other day dresses, and manages to give the highest value for low prices. He has a range of Kyrle Cheviots, for instance, at 1s. 6½d. the yard (44 inches wide), which represents double the value. The new substantial chequered tweeds of smart but useful grey colourings, which are so much in demand this autumn, and the frieze-like fashionable cheviots are from 1s. 1½d. The "Victor," 40 inches wide, at 1s. 0¾d., is a really wonderful fabric—all wool, of rich, elegant colouring. Mr. Williamson's hopsacks are equally attractive and inexpensive—notably the Wypamore (1s. 11½d.). He has some extraordinarily good values in plain cloths and tweeds at 1s. 1½d., 1s. 6½d., &c., like the rich-looking Empress, the all-wool Venetian cloths, the smart "Tip-Top" tweeds, &c. His cheap veilings and cashmeres are marvellous at the price. Capital double-width fabrics for knockabout skirts, &c., commence at 7¾d. the yard. Patterns should be sent for. Mr. Christopher Williamson is famed for his capital collection of cotton flannels, of all prices, all colours, plain or fancy, including the beautiful Horrockses' Flannelettes for high-class underwear.

India is much in our thoughts nowadays, and I have in consequence been often asked of late to recommend a dainty Indian perfume. Women who love these aromatic Eastern scents should get at once a bottle of Messrs. Breidenbach and Co.'s new Indian perfume, "Hamàra," which can be got in handsome half-a-crown bottles. In an artistic and appropriate card box, this makes a charming and most acceptable little gift to a lady. All chemists and perfumers supply "Hamàra."

Few of us have not tried and appreciated Lewis's Wonderful Velveteens, fast pile, silky, lustrous, at the low price of 2s. the yard. To these I will return next month, but I must call attention here to Lewis's even cheaper fancy velveteens for blouses, which commence at 1s. the yard. For 2s. 3d. a very good one is to be had in handsome colourings, which the many women and girls who like the warmth and durable qualities of an indoor velveteen blouse for the winter should see. Patterns will be sent on application. At Lewis's some very attractive blouse fabrics of a lighter kind can be had in great variety. There is the charming Embroidered Blousing—a variety of embroidered veiling—in pale or rich colours, at 1s. 3d. (28 inches); cashmere with embroidered spot, 1s. 6d. (28 inches wide); the quaint, dainty Jacquard Blousings, 1s. 3d. (28 inches), &c. Lewis's spotted "Flor-y-Dor" voiles are only 1s. (29-36 inches) the yard. The charming cream fancy alpacas (1s. 3d.) make capital utility skirts to accompany cream Jap silk blouses for demi-toilette purposes. There is a nice collection of mousseline de laines (from 1s. 1d.) for blouses, &c.

Lewis's, of Manchester, make a speciality of inexpensive tweeds and suitings of handsome appearance and durable quality. It would be hard to find better tweed at even higher rates than Lewis's Somerford Tweed (1s. 3d., 42 inches), the substantial chequered Harrogate Tweed (1s. 4½d., 42 inches), the plaided Rhineland Tweed (1s. 8d., 42 inches), the Rathdonald (2s. 3d., 52 inches), the effective mixture, "Craigmyle" Tweed (2s. 6d., 42 inches), and a host of others. In plain suitings, the Teignmouth (2s. 4d., 50 inches) is admirable. A wonderful cloth at 1s. 1½d. the yard (45 inches) is Lewis's Crown Finish Habit Cloth, in greys, browns, dark reds, &c. Lewis's have many woollen dress suitings at 1s. 1½d., of excellent appearance and durability. A stout, frieze-like tweed (the Lawrus Cheviot) is to be commended at 2s., 42 inches wide. Lewis's have inexpensive, good-wearing cashmeres from 1s. (42-44 inches), and their capital range of coating serges are inexpensive, in black, cream, and navy (from 1s. 6d. to 2s. 6d. the yard, 42-46 inches wide). Patterns will be sent post free, and they should be seen as soon as possible.

There is nothing more cheering and inspiring than cleanliness and brightness in the house and home; good housewives know this, but in England—in London and manufacturing towns especially—cleanliness and brightness seem incompatible with the grime and dirt of thousands of coal fires lit on the homely hearth or in the roaring furnace. But "elbow grease" and a willing heart can accomplish wonders in keeping things in order, especially if we use the proper tools to accomplish that end. It is a mistake to let the metal fixtures, accessories, and ornaments in our rooms get black, for that means the collection of a rust which eats into the surface of the metal. A weekly rub up with the Matchless Metal Polish gets rid of all film and dirt, and keeps, with practically no trouble, metal fixtures, ornaments, &c., in a perfect state of bright cleanliness.

While burnishing the metal it is advisable to keep the woodwork clean and polished with Komo Furniture Cream, which rubs up dingy varnished or polished wood efficaciously and easily. As to the grates, use Komo Black Enamel, and they will shine like a mirror. All stores and grocers keep these three cleansing and brightening preparations.

Lutas Leathley (105, Armley, Leeds), amidst their large stock of autumn tweeds, serges, and cloths, have a special range of woollen autumn dress materials which are particularly good, as they fulfil all the requirements of the average purchaser. In the latest up-to-date shades, of the textures most in demand this autumn, at *low* prices, of durable quality, Lutas Leathley's excellent "Wylwyrwell" double-width fabrics deserve the best attention they can receive. There is a great variety of them. The XL range of Wylwyrwell Faced Cloth, 42 inches wide, is a soft, silky cloth, in the new shades. Of a beautiful satin-like surface, fast dye, durable and handsome, this excellent cloth is only 1s. 6d. the yard. There is a beautiful Wylwyrwell cloth at 2s., 50 inches wide, and a smart striped Wylwyrwell Vicuna (for costumes or coats) at 1s. 11d., 54 inches wide. These fabrics represent double their price. There is a very good plain Wylwyrwell Melton at 10½d., 42 inches, the yard, for skirts and knickerbockers. A smart Wylwyrwell Cheviot (No. 1), manufactured from fine yarns, so that they are light in weight yet very warm and protective, costs 1s. 5d., 42 inches wide.

It is quite a pleasure to look through these patterns, which Messrs. Lutas Leathley will send post free on application.

The Double Autumn Fashion Number of "Hearth and Home" (6d., published early in October) promises to be a very good one, a complete exposition of the coming styles, beautifully illustrated by the best fashion artists of the day. "Hearth and Home" is by far the best of the weekly ladies' papers, showing the latest designs for smart dressing, and yet not by any means forgetting the practical hints and styles which are a necessity to the woman of good social position but narrow means, who must dress really well and yet has little to do it on.

CHARMING "ADAPTABLE" GOWN.

There is nothing like velvet for building the adaptable gown. But velvet (good enough for a smart gown) is terribly dear, and people who can afford real Lyons silk velvet are the very ones who do not require an adaptable gown. Fortunately, an efficient substitute for silk Lyons velvet is to hand in the beautiful, lustrous Louis Velveteens, which have the lustre, colouring, and sheen of silk velvet at a quarter of the price. Louis Velveteen is to be had in various qualities and weights. On page 39 I have had sketched a charming adaptable gown for Louis Velveteen, which can be adapted for evening purposes, afternoon indoor-wear, or for visiting, matinées, &c. The skirt, of a deep red shade, cut in seven breadths, is hemmed invisibly (the felled French hem) at the back of the material, this hem turning being veiled with a silk flounce to match. The bodice is a beautiful model—a stretched back and two draped crossed fronts, cut short and finished with a draped three-piece belt of satin (hooking in front), the whole of these pieces mounted on a fitted and carefully boned lining (back, four sides, three-piece front). The bodice lining hooks on the left of the centre panel, the velveteen fronts lapping across. The sleeve is a big puff to the elbow.

This is the dress proper, and it takes 14 yards of 23-24 Louis Velveteen. For evening wear a little vest of gathered white chiffon (gathered on a thin lining) is tacked on the bodice lining, closing over the fastenings with a few hooks and worked loops. For theatre or afternoon wear this vest is replaced by a full chemisette of Jap silk (longer in front than at the back), striped with wide guipure lace. The chemisette is tacked inside to the lining of bodice back and vest, and it hooks on the left shoulder. This is for afternoon indoor wear, or for semi-evening dress. If the arms are good the elbow sleeve alone can be worn, and in the evening at any rate the gloves can be long. But as gloves would not be worn for indoor afternoon purposes, most women will prefer the lower sleeves, shown in the sketch of the outdoor arrangement. These sleeves, ruffled or tucked on a thin lining, are striped with lace, and are tacked inside the edge of the elbow sleeve.

For outdoor wear, visiting, matinées, &c., the added sleeve, or long glove can be worn, as preferred; but the "semi-evening" chemisette must be replaced by a high one, cut and mounted on the same principle, but higher in the neck, and with band collar.

"THE PERFECTION"

COMPLEXION TREATMENT.

By MISTRESS ANNE PAGE.

WE have been wont to imagine that the reason of the superb beauty of the complexion of women in London was the facility with which they have been able in the last few years to obtain regular

HYGIENIC TREATMENT, which is true—and in LIVERPOOL (at 92, Bold St.), and in MANCHESTER (at 30, King St.), there are now engaged in full practice two gentlewomen, mother and daughter named alike,

"MARIE EARLE," whose motto is "Perfection." Hospital trained, widely-travelled, and experienced in

THE BEST METHODS OF BEAUTY CULTURE, in touch with many of the most eminent medical skin specialists of the day, their treatment of the complexion, the hair, the eyes, eyelids, the hands and figure, is rightly termed by those who have had opportunities of availing themselves of it

"THE PERFECTION OF TREATMENT," while for the removing of superfluous hair, birthmarks, or any other blemishes of the skin, by means of the most skilful electrolysis, both are justly famed also. From Mrs. Earle's most interesting book,

"HOW TO REACH PERFECTION" (price 1s., but given this month gratis to any of my readers who ask for it), one may glean a fair idea of her treatment, and of her preparations, which are **excellent.**

"THE PERFECTION FACE MASK," and **"CHIN AND THROAT BAND,"** to be worn at night, are perfectly amazing in their effect. I have seen women of fifty after giving them a thorough trial look twenty years younger; the effect of them is to restore lost contour, remove wrinkles, and to bring back the firmness and beauty of youth.

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MARVELLOUS SUCCESS.

We have an absolute and permanent cure, entirely free from anything hurtful or injurious to the most delicate skin, never failing to entirely eradicate the strongest growth, destroying the roots so completely that the annoyance will never reappear.

THIS CURE IS REGISTERED BY GOVERNMENT, and to prove the correctness of the above statements, we will send absolutely **Free,** securely packed and free from observation, with medical certificate and testimonials, a sample of this remedy to all who enclose two penny stamps to cover postage, &c.

Old Goole, January 30, 1905.

DEAR SIRS,—Will you please send me another large bottle of your Hair Destroyer. I only used it on one side of the face, but it has done me so much good I want another bottle for the other side. I have tried so many, and have been disappointed, that I was almost afraid to use it, but it is by far the best I have ever used, and I shall be pleased to recommend it. Enclosed you will find P.O. Will you please send by return of post and oblige, yours truly, Mrs. H——.

Address, Manageress, TAYLOR & Co. (Dept. 10), 149, Fleet Street, London, E.C.

Icilma.

A clear skin, healthy complexion, and white hands proof against Hard Water, Heat, Cold, Wind, or Fog, can only be obtained by and kept by using Icilma Water, Cream, and Soap. Nature's remedies. Their cleansing, whitening, softening and healing effect is unique and immediate. (Samples Soap and Cream, 2d.)

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ZOBEIDE REDUCING CORSELETTE (REGISTERED).

This lightly-boned and elegant garment is specially designed for an over-full waist and bust. Safe, sure, and speedy. Price **£1 1s. 6d.** **THE ZOBEIDE REDUCING PASTE,** price **5s. 6d.** A client writes:—"It is doing wonders for me. My waist is 3 inches less." From **Mrs. Maine, 8, Hanover Street, Hanover Square, London, W.**

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Have a reputation of one hundred years, and have proved a boon and blessing to millions of sufferers, and are highly recommended and often prescribed by the Medical Profession when this description of medicine is required.

Price 1s. 1½d. and 2s. 9d. Great saving by having the larger size. Of all Chemists or by post 1s. 2d. and 2s. 10d.

Note Kearsley's White Wrapper. *Sold in the Colonies.*

Sole Makers: C. and G. KEARSLEY, 42, Waterloo Road, London, S.E. (Late of 17, North Street, Westminster.)

IMPROVE YOUR HEALTH AND FIGURE

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OBESITY

Not a secret quack Nostrum. Composed of purified and concentrated Extract of Fuci-Vesicolusus and Marienbad Salts. Made in tiny Tasteless Capsules. Neither constipating nor relaxing; never disagree. Price 2/6 per bottle, or 5 bottles, post free, 10/6. Read extracts from Press Notices, given after full trial.

☞ "Contains no injurious ingredients."—*Health.*

☞ "May be taken quite safely."—"Myrene" in *The Lady.*

☞ "Absolutely harmless."—*The Gentlewoman.*

Only of the Sole Agent—

Dr. O. E. HORN, Boscombe Park, Bournemouth.

GREY HAIR can now be restored to its natural colour without dyes or stains.—Write for terms, &c., **O. E. HORN, D.Sc., Boscombe Park, Bournemouth.**

Gold Medal Paris, 1890. **Gold Medal St. Louis, 1904.**

(By Royal Warrant to H.M. the King.)

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AS USED IN THE ROYAL HOUSEHOLD, STABLES, AND KENNELS.

FROM ALL DEALERS.

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FLUID, POWDER, SOAP.

A BOOK FOR WIVES

The knowledge contained in this book is of **Priceless Value to Every Married Lady,** and has been the means of brightening the lives of thousands. It contains a large amount of valuable information. All will profit by reading it, as the knowledge gained is priceless, and cannot but do good. Sent in sealed envelope for two stamps.

A lady writes us: "I have read your book. It is simply invaluable, and gave me the information I have sought after for years."

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Depot for ***DR. PATERSON'S FEMALE PILLS for Anæmia, Hysteria, Weakness, &c.***

Most effective Remedy. Post free. 2s. 9d. and 4s. 6d.

INVALUABLE TO LADIES.

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TOWLE'S PILLS

There is Nothing to Equal Them.

The oldest & only Reliable Remedy.

Will quickly correct all irregularities, remove all obstructions, and relieve all distressing symptoms.

Immediately any irregularity occurs take Towle's Pills. The World knows no such preparation for Ladies as this invaluable specific, justly called

WOMAN'S UNFAILING FRIEND.

75 Years' Reputation.

No other female medicine in the world has received such widespread and unqualified endorsement.

In Boxes, 1s. 1½d., 2s. 9d., and 4s. 6d. (the 2s. 9d. boxes contain three times quantity of 1s. 1½d. size). Of all Chemists or Post Free for P.O. 1s. 3d., 2s. 10d., or 4s. 7d. from Sole Proprietors, E. T. TOWLE & CO., Ltd., Manufacturing Chemists, NOTTINGHAM.

For more than 20 Years

Dr. Davis's Famous Pills

Have been universally admitted to be

A BOON TO WOMANKIND.

They are the best known remedy for Anæmia, Giddiness, Fulness and Swelling after Meals, Loss of Appetite, Hysteria, Palpitation of the Heart, Debility, Depression, Weakness, and all Female Ailments.

Boxes 9½d., 1/1½, 2/9, 4/6, and 11/-

May be had from Chemists and Patent Medicine Vendors everywhere, or from the Proprietors.

Dr. Davis's little book for MARRIED WOMEN (most invaluable) sent free on receipt of a stamped addressed envelope.

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BOOK FOR LADIES.

The information contained in this book ought to be known by every married woman, and it will not harm the unmarried to read. No book is written which goes so thoroughly into matters relating to married women. Some may think too much is told. Such can scarcely be the case, for knowledge is power and the means of attaining happiness. The book can be had in envelope from Dr. T. R. ALLINSON, 619 Room, 4, Spanish Place, Manchester Sq., London, W., in return for a Postal Order for 1s. 2d.

BOOK FOR WIVES.

This book contains specially important information and advice which should be read by every married woman. It is immensely popular and most reliable. Post free for one stamp.—M. J. HADDON & CO., 1, Camden Street, Islington, London, N. (opposite Agricultural Hall).

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Absolutely unequalled: **2s. 9d.** and **4s. 6d.**, from—

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By remedy, of wetting their beds. Box **5s. 6d.**, postal order.—BUROT, Chemist, Chantenay, Nantes, France.

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HAIR TONIC

An Invaluable Remedy for Hair Falling Out and Baldness. Makes hair grow even in most stubborn cases. Is not a dye. Non-greasy, cooling, and refreshing. Bottles **1/-, 2/6, & 4/6.** Post free in Britain; abroad according to 1lb. & 2lb. rates

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HAIR DESTROYER.

JAMES'S DEPILATORY instantly REMOVES SUPERFLUOUS HAIRS from the Face, Neck, or Arms, without injury to the Skin. Of all Chemists, or sent with directions for use, free from observation, on receipt of postal order for 1/3, 2/3, and 2/9.

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Long flowing Eyelashes, Eyebrows, &c., are QUICKLY PRODUCED by using JAMES'S HERBAL POMADE. It is invaluable for the production of Whiskers, Beard, and Moustachios; it causes the Hair to grow on Bald Places and Scanty Partings. Of all Chemists, or a box (with directions) sent, free from observation, on receipt of postal order for 1/3, 2/2, and 2/9.

Mrs. C. JAMES, 268, Caledonian Road, London, N.

Correspondence.

RULES.

1. To be answered in the next number, letters must reach us not later than the 25th of the month.

2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without.

3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be sent unless a stamped and addressed envelope be enclosed.

4. Queries to be answered by post must be limited to three.

5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered on this page.

Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Midge.—(1) I am going to deal next month with the subject of semi-evening dress, the evening outfit which is indispensable for residents of the suburbs who have to come up by train for theatres, concerts, &c. Meanwhile study the pretty utility gown of Louis Velveteen on page 39. Louis velveteen is a capital fabric for such a dress. (2) The redingote is *the* coat of the autumn and winter. An admirable example will be found on page 32, which is more easily made than many, because the skirts at the sides are *added*, and it is the hip seams which are so difficult to fit, stitch and press—in fact, few but first-class tailors succeed in doing it. A coat much to the fore is that sketched at No. 5609. This should have a skirt to match. (3) For the fine face cloth send to Best's Dress Goods Co., Bradford. They have all the newest and richest cloths as well as less dressy ones, and their prices are strictly moderate. Moreover, they pay the carriage of patterns both ways.

Dainty (1).—You cannot do better than send to the Holborn Silk Market, Holborn Bars, E.C. They have a lovely glossy Jap silk, a wide one, at, if I remember right, only 1s. 6¾d., and it is just the thing for the baby's slip skirt. It should be very full, as Jap silk goes into little space—quite four breadths. Make the skirt 2 inches longer than the monthly gown. Make a wide hemstitched hem and tucks, and add lace insertion. Gather the top into a lace-covered band of silk worked with slots, through which a broad ribbon is passed and is tied round the waist of the child. This obviates the changing of the gown when the baby is taken out for an airing.

Carmen.—(1) You would have no difficulty in working out the skirt No. 5614, with the help of the Practical Dressmaking of a plaid skirt. (2) Lewis's Wonderful Velveteen is only 2s. the yard. It is remarkably handsome, in lovely colours. You will need 8 yards for that cloak. Send for patterns to Lewis's, manufacturers, Market Street, Manchester. (3) You can get just that shade for the skirt among Lewis's Teignmouth suitings (2s. 4d. the yard., 50 inches wide) from Lewis's, Market Street, Manchester. (4) Make up your costume like the charming little gown No. 5552.

Dorothy.—(1) A pretty cross-over blouse is shown at No. 5553. (2) Yes, certainly, the woollen blouse is the correct thing for indoor winter wear, and very pretty woollen materials are being made in consequence. Send to Messrs. Samuel Lewis's, the Holborn Silk Market, Holborn Bars, E.C., for patterns of their special woollen blouse materials. They are most inexpensive. (3) The bell skirt by all means. That in two pieces is the most easily fitted from stock size, as it has a seam back and front and a small dart on each side. The pattern is 6½d. A diagram of the pattern will be found on page 28, but for plain cloths and tweeds the front edge is laid along the selvedge of the material, so that it is on the straight.

Mabel.—(1) There is a very nice plaided tweed at 2s. 2d.—the "Edenmore," at Lewis's, Market Street, Manchester. It is just the thing for you. (2) See the plaided coat, No. 5561. You can cut it on the cross or on the straight. Perhaps it would be better to cut on the straight for a novice—the cross is difficult because it needs experience to keep a plaided coat exactly on the cross, and a half-and-half cross effect for plaided costumes is ugly and looks wrong. As you are so inexperienced, why not give this special costume to a dressmaker of whose work you are sure?

Radical.—(1) Embroider the linen with Peri Lusta thread, and you will get the raised effect you require. (2) The Free Pattern coat for a little girl is just the thing for the black silk. Line it with white. Each cape, and the collar and cuff, can have the narrow ermine trimming. Is it real ermine? If not, it would be a pity to make up that handsome silk with faked-up fur. The capes could be stitched as shown, or edged with one of the new ornamental silk braids. (3) Pinafores for girls are not usual, but one of muslin and lace never looks amiss, and it is wise to cover the smart frock. The pinafore should be mounted full into a lace-trimmed yoke, and should be smartly tucked and edged with a lace-trimmed frill. You could have a full elbow sleeve long enough to cover the dress sleeve.

Linwood.—(1) The Free Pattern skirt will make up very well in navy serge, and you could put on the fancy braid in rows without the loops or laps of braid as shown in the illustration. Only wide plain braids of the "military" description look well thus. Your braid is more of a fancy gimp kind. (2) You will find a princess dress sketched at No. 5592, suitable for Louis velveteen, but from your account I think a princess gown would hardly suit you. For a velveteen dress with fitted skirt and simple bodice see No. 5599. This is so plain where skirt and bodice meet, that it has almost the effect of a princess dress, but it is less trying to the wearer and far less difficult to make satisfactorily. But why not copy the lovely utility gown (page 39)? It could so easily be used for afternoon, indoor, or outdoor uses, as well as for evening wear.

Dash.—(1) For evening wraps see Nos. 5595 and 5596. For your firm cloth or velvet I should prefer No. 5595. (2) For a capital inexpensive face cloth, see the Wylwyrwell of Lutas Leathley (105, Armley, Leeds). It is from 1s. 3d. the yard (42 inches), and is so very good and inexpensive.

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

For answers on this subject, see page 16.

COOKERY AND HOUSEHOLD MANAGEMENT.

Letters to be addressed to Mrs. Hope, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

For answers on this subject, see page 24.

HEALTH AND BEAUTY.

Letters to be addressed to Mistress Annie Page, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Answers continued from page 38.

Esta.—You can make bath-sachets of a simple kind for yourself, certainly, by mixing together equal quantities of fine Scotch oatmeal and bran, say a pint measureful of each, 2 tablespoonfuls of very finely powdered soap, such as that sold in bottles by Mrs. Earle, 92, Bold Street, Liverpool, and 2ozs of powdered Orris Root, or the same quantity of lavender flowers. Mix well and divide into equal portions, which put into bags of butter muslin 4in square.

Jack's Wife.—I know that in England one is considered to be past work as soon as one gets a grey hair, and I sympathise very sincerely with you in your present worry. But you can remedy the greyness before any one else observes it, by getting your husband to use "Brodie's Imperial Hair Dye, No. 2, dark brown," at once. A book will be sent with the dye, called "How to colour your hair with safety," and a medical certificate as to the harmlessness of this dye, of which the price is 2s. 6d. It will be sent so packed by J. Brodie and Co., 41, Museum Street, London, that no one will guess what is in the parcel.

MISCELLANEA.

All letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Gauche.—A correspondent has kindly sent the following excellent hint for cleaning your crinoline straw hat:—"I have renovated I may say several dozens, and they have always been a great success. First brush both sides of hat with a stiff brush, and then mix in a saucer a little black ink (not blue-black). Mix with this about six drops of salad oil to about a tablespoonful of ink. Apply with a velvet pad evenly all over the hat; it will dry very quickly. Of course, this does not make the hats shiny; but *real* crinoline is *dull*. This is a milliner's recipe."

To supplement our smart and useful Free Patterns this month, the four Free Patterns given away with the September number of Myra's Journal will be found of great service. The September Free Patterns dealt with a smart tailor skirt with added hem band, a very pretty little cross-over coat, a useful double-breasted shirt blouse, and a very good type of combinations (for flannel) for a little girl.

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
OCTOBER, 1905.

DRESS AND HAIRDRESSING.
OCTOBER, 1905.

HEALTH AND BEAUTY.
OCTOBER, 1905.

ETIQUETTE.
OCTOBER, 1905.

COOKERY & HOUSE. MANAGEMENT.
OCTOBER, 1905.

"I never miss a chance of recommending 'Myra's Journal,' as I think it a treasure.'—Mrs. M., Carmarthen.

When the roots are not healthy and strong, or when they are affected by germs, your Hair will not—indeed, cannot—grow.

THAT IS WHY NOTHING CAN BE ANY GOOD FOR

HAIR

WHICH IS

FALLING OUT and PREMATURELY GREY

EXCEPT

CAPSULOIDS

Because the harmful germs which injure the Hair can only be gotten at through the blood, and the only Remedy which can reach them through the blood is Capsuloids. It is utterly useless to rub stuff on the scalp, because it cannot get down to these germs.

22, Duke Street,
Portland Place, W.,
July 6th, 1905.

To the Capsuloid Co., Ltd.

Dear Sirs,

Having benefited so much since taking your Capsuloids, I feel it only right to send you this testimonial. My hair is much longer, thicker, and more glossy than it has ever been, and I feel so much stronger and better in health. I shall be only too pleased to recommend them to all my friends.

Believe me, dear Sirs, yours faithfully,

(Mrs.) Beatrice Dorrington.

74, New Cavendish St., W.,
24/5/05.

Gentlemen,—About ten months ago I was run down in health, and my hair started falling out so rapidly that I was quite alarmed. I tried several preparations without any benefit, and finally started taking Capsuloids about four months ago. The falling out actually ceased in a few weeks, and my hair has grown thicker than ever before, besides it always looks so glossy, yet it is never in the slightest greasy any more.

You are at liberty to use this if it is of any use.—I remain, yours truly,

(Miss) N. Tate.

LOOK AT THIS PICTURE OF A HAIR GREATLY MAGNIFIED, and learn how your hair grows, why it becomes prematurely grey, why it does not grow well, and why it falls out. The whole hair is produced by the multiplication of those growing cells which lie at the bottom and form its root. They rest upon the little blood vessels which carry the blood containing the red corpuscles, from which the cells draw all their nourishment. You can easily see from this picture that when the harmful germs settle in those growing cells, and go on multiplying, they will injure the cells, which causes the hair to loosen and fall out, or become prematurely grey. If those germs are not checked, they will in time quite destroy the cells, and as the roots would then be dead, nothing whatever could be done. You can only kill those germs by quickly making millions of new red blood corpuscles, and the only medicine which will make them rapidly enough is **CAPSULOIDS.** A look at this scientific picture will enable you to see that external treatment cannot possibly benefit the hair. Take two Capsuloids with each meal three times daily.

Sold by Chemists everywhere at the reduced price of 2s. 3d. per box, or sent by THE CAPSULOID CO., Ltd., 47, Holborn Viaduct (opposite City Temple), London, E.C.; removed from 31, Snow Hill. Special sample given when this coupon is enclosed and three boxes are ordered from us; larger sample with six. Do not ask your chemist for sample, for he cannot supply it.

COUPON.
Myra's Journal,
October, 1905.

SEND FOR FREE HAIR BOOKLET AND COPY OF THE "LANCET'S" ANALYSIS.

NOW READY.

Designs for Fancy Dress

Edited and arranged by

Mrs. C. S. PEEL.

Price

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Contains over 120 Illustrations of Costumes for Ladies, Children, and Gentlemen.

THE BEST AND CHEAPEST BOOK OF THE KIND

"Designs for Fancy Dress" deals exhaustively with Fancy Dress of every Description. It contains not only correct and careful illustrations of various costumes of all periods, but precise and detailed instructions for making them up.

To ensure early delivery, orders for copies should now be sent to the PUBLISHERS, 10 & 11, Fetter Lane, London, E.C.

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H.S. CORSETS

AWARDED GOLD MEDALS. (REGD.)

ERECT FORM. STRAIGHT FRONTED.

AS ILLUSTRATION.

In Fine White and Dove Coutils and Black Cloths
5/11, 8/11, and 12/9.

In Handsome Brocades, Black or White ground with Blue Flowers, **8/11 and 12/9.**

Unsurpassed for Perfect Comfort, Elegance, and Durability.

Among Actresses these beautiful Corsets are held in high favour, and are more worn than any other. This fact alone speaks for their unexceptional elegance, and their durability is unquestionable. Ladies who have not yet worn them will be surprised and delighted at the support they give to the figure, and at how small a cost they can secure a Corset which will set a Dress off to perfection.

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TESTIMONIALS from all the Leading London Actresses, the *Elite*, and the Medical Profession, as to the excellence of the H.S. Corset.

Write for our new Illustrated Catalogue of Corsets to suit all figures, post free.

☞ **Should any difficulty arise in procuring, send size of Waist, colour required, together with the name of your Draper or Outfitter, and Postal Order direct to the Manufacturers, Dept. C.**

H. SHERWOOD & CO., LTD., 12, LONDON WALL, E.C.

+ New Colours and Art Shades +

The "Louis" Velveteen

Spelt L-O-U-I-S

Has the Appearance of a **Beautiful Silk Velvet!** and lasts longer.

Ladies experiencing difficulty in obtaining "LOUIS" Velveteen are requested to write to the Manufacturer, 57, Newton Street, Piccadilly, Manchester, who will furnish the address of the nearest Draper supplying it.

P. & P. CAMPBELL
THE PERTH DYE WORKS

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NEW AUTUMN SHADES
may be seen and reliable advice obtained at
RECEIVING OFFICES:—

London { 39, New Oxford Street, W.C. / 12, Sloane Street, S.W. / 168, Queen's Road, W.
Liverpool—85, Bold Street.
Manchester—59, Cross Street.
Birmingham—72, Bull Street.
Wolverhampton—24, Darlington Street.
Bristol—53, Park Street.
Leeds—8, Trinity Street.
Bradford—110, Godwin Street.
Sheffield—34, Church Street.
Hull—63, King Edward Street.
Nottingham—4, King Street.
Newcastle—Claremont Buildings, Barras Bridge.
Edinburgh—19, Waterloo Place.
Glasgow—116, Sauchiehall Street.
Dundee—33, Nethergate.
Aberdeen—160, Union Street.
Perth—23, County Place.

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BRIGHTEST and BEST.

Special Crochet and Twist for DOYLEYS, TIES, MATS, &c.

Insist on Getting
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Sold by leading Art Needlework Dealers and Wholesale Houses.

"BEETHAM'S Reg.d Larola" NO MORE CHAPS.
NO MORE ROUGH HANDS.
IS UNEQUALLED FOR PRESERVING
THE SKIN & COMPLEXION
FROM THE EFFECTS OF THE
SUN, WINDS, AND HARD WATER.
IT REMOVES AND PREVENTS ALL
ROUGHNESS, REDNESS, AND CHAPS,
KEEPS THE SKIN
SOFT, SMOOTH, AND WHITE
AT ALL SEASONS.
If used after Cycling, Motoring, Dancing, &c., it will be found
DELIGHTFULLY SOOTHING AND REFRESHING.
Bottles, 1/-, 1/9, and 2/6, of all Chemists. M. Beetham & Son, Chemists, Cheltenham.

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PASTE OR LIQUID.
BRITISH ALL THROUGH
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JELLY POWDER
SEVEN FLAVOURS.
SOLD IN PINT PACKETS.
READY IN TWO MINUTES.
No cutting up of Tablets. No waiting for dissolving of Lumps of Tough Jelly. EVERYBODY DELIGHTED.
IF YOUR GROCER DOES NOT KEEP IT, SEND US HIS ADDRESS.
Two 1 Pint Sample Packets will be sent you free for 7d. Sole Agents Wanted
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